

# **"RITTOLOK ILO AJMUUR"**

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"Rittolok Ilo Ājmuur"

## KŌJBAROK KILID

Laddik im leddik rekōṇaan bwe en emman ānbwinier. Rekōṇaan bwe ren mōṇōṇō im ājmuur ien otemjej. Rekōṇaan bwe ro jerāir ren iokwe er. Bwe en emman ānbwinin ej aikuḡ in erreō kilūm. Erreō ke im ājmuur ke kilūm?



Kwoj aikuḡ in kōjbarok kilūm. Kwoj aikuḡ in kwaḡe kilūm kōn joop im dān. Kōjerbal joop im dān enaaj kōmman bwe en erreō im ājmuur kilūm. Ijoke, kōjbarok wōt. Joop ko jej kōjerbali rej jab āier wōt juon.

Jet joop rekanooḡ in ṇaj. Joop kein renaaj kōṇaj kilūm. Ijoke, joop kein remaron jab emman ṇan kilūm. Joop eo emman tata ṇan kilin ajiri ej Dial. Joob Dial emman kōnke eor uno in naṇinṇej ie.

Laddik im leddik rej aikuḡ in kōjbarok kilier. Kilūm emaron in or kij ie elaṇe kwoj jab kōjbaroke. Elōṇ kain kij ko remaroṇ in eddōk ilo ānbwinim. Ajiri ro enana kilier rej jab ājmuur. Kōn men in rej jamin mōṇōṇō ien otemjej.



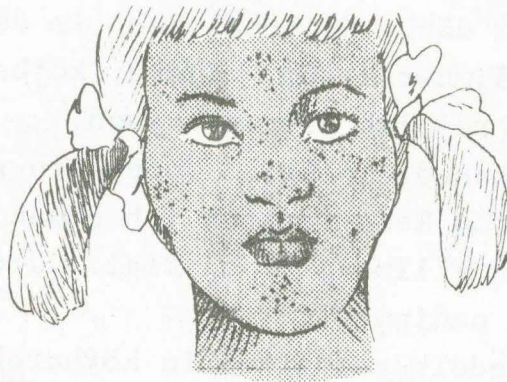
Kwojelā ke etan jet ian naṇinṇej in kil ko? Kwojelā ke ta eo kwoj kōmmāne eḡaṇe enaṇinṇej kilūm? Bwōlen kwaar ellolo taeo ilo ānbwin in jet arṇej. Bwōlen kwaar ellolo jān ak kiito ilo ānbwin in jet bar arṇej. Men kein kwaar loi rej kij in kilin arṇej aolep. Kij kein rej kōmman bwe en nana kilūm.



## NAÑINMEJ IN KIL

Jet nañinmej in kil rej wałok jān kij. Nañinmej kein rej kōkkure wōt kilūm. Jet nañinmej in kil rej wałok jān jorrāān ko jet ilo ānbwin. Eor bar jet kain nañinmej in kil rej wałok jān nañinmej ko jet. Aolepen nañinmej kein rej kōkkure kilūm ełāne kwoj jab kōjbaroke.

Elōñ ajiri eor taoe ilo ānbwinier. Taoe ej wałok ełāne ełap an oil ak ijir kilid. Taoe ej juon men jidikdik eo eor emmed im ettoon ilowaan. Jet ien remaroñ in kilep łok im metak. Taoe ko remaroñ in lōñ łok ełāne jej kabit kilid kōn oil im pōkā ko jet. Mōñā ko ełap kiriiij ie rebar maroñ kōmman taoe.



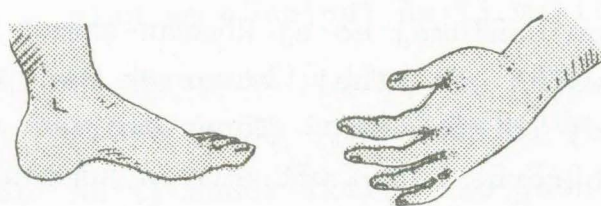
Jab rubi im keeni taoe ko. Kij in taoe emaroñ ereerak ełāne kwoj rubi im keeni taoe ko. Ñe jej keeni taoe ko, emaroñ bar lōñ łok ad taoe.

Eor jet wāween ko kwomaroñ jumae nañinmej in kil ie. Muktata, kwoj aikuuj in ormej im kwał kilūm kōn joop im dān. Jab ekkabit oil ak pōkā ñaj ełāne ejjab erreō kilūm. Meram in ał ej jibañ jołok taoe. Kōjeeki jikin ko taoe ko rej pād ie ilo ānbwinim. En łap wōt ał mōñā leen wōjke im men ko remaroro. Jap mōñā men ko ełap kiriiij ie. Idaak dān jilu im emen alen juon raan. Ełap tokjān bwe kwon kiiki im kakkije aolep joota.

Ta men kañe remouj? Kwonañin kar ellolo ke men mouj ilo kilin armej? Ekwe, men mouj kañe ikilin armej etāir in jān. Jān ejjab kanooj in nana. Bōtaab enana ad loi ña ilo kilin armej. Unin aer mouj kōnke rej binej meram in

aļ jān kilid. Meram in aļ ej manman kij im kōkajoor kilid. Elaņe eto an jān kein pād ikilūm, kwoj aikuļ in etal ippān taktō eo.

Karko ej juon bar nañinmej in kil. Karko ej waļok jān juon men in mour jidikdik. Men in mour in enaņin āiñwōt kij in bar. Karko ekkā wōt an waļok ilo jikin ko renokjōk im bidodo. Kwomaroņ ellolo kij in karko ikōtan addi in pā im ne. Karko emaroņ bar waļok ilo jimin pā ak kōkō ko an laddik. Kij kein rej dāil kilid im lūk lep iomwin kil. Eņin unin ad koņaan mōņejņej ñe jej iten kiki in boņ. Elaņe kwoj kirji, enaaj lap ļok an mōņejņej.



Kij in karko emaroņ ilok jān armej ñan armej. Kwomaroņ karko ñe kwoj kiki iturin armej ro rebōk mej in karko. Kij kein remaroņ bar ilok jān nuknuk ko ak men ko kinien juon armej. Kij kein ekkā wōt aer eddōk ilo nuknuk ak jikin ko rettoon. Karreoik wōt kilūm bwe kwon jab bōk kain mej in enana. Aolep ien ekkōņak wōt nuknuk ko rōrreo.

Kwomaroņ in mane kij kein kōn juon dān etan in KWELL. Eņiin waween am naaj kōjērbal uno in:

1. Tutu im kwaļ ānbwinim kōn joop im dān.
2. Kabiti aolepen ānbwinim kōn uno in.
3. Jab kabit mejaļ ak bōraļ kōn uno in.
4. Jab tutu iomwin jilu raan ālikin aļ ekkabit kōn uno in.
5. Ālikin jilu raan, tutu im kwaļe ļok uno eo jān kilūm.
6. Kanooj in kwaļe im karreoik jikin ko kij kein rej eddōk ie.





Ekanooj in emman kōjeje nuknuk mokta jān ak ālikin am kōṇaki. Meram in aḷ emaroṇ mane kij in karko ko. Kememej im jab kōjerbal ṁen ko mweien ro jet rekarko. Kwomaroṇ bōk karko ṇe kwoj kōjerbal ṁen kein.

Elaṇe eor eṇ ekarko, aolepen rimweo rej aikuj in kōjbarok er. Kij in karko epidodo an ilōk jān arṁej ṇan arṁej. Karreoiki ṁen ko mweiōm im kōjenolōki jān rinaṇinmej ro. Juon rikarko ej aikuj in tutu im kōmman an nuknuk aolep raan. Kij in karko kein reban jako mae ien kwoj mani kōn uno. Etal ṇan imōn taktō eo eḷaṇe eor karko ilo ānbwinim.

### Iāā! Emetak Wōte Aō

Wōt ej juon naṇinmej eo ej kōmman emṁed iomwin kil. Wōt eṁarōn in waḷōk jān kinej, kurar ak bar jorrān ko jet. Juon wōt ekanooj in kōmmetak. Tōrerein juon wōt ekanooj in kijṇeṇe im būrōrō. Juon wōt emaroṇ kōmman am lepjōkad im piipa. Kwomaroṇ bōk naṇimmej in elōṇ alen eḷaṇe kwoj jab kōjbarok.



Naṇinmej in ekkā an waḷōk ippān ajiri. Kōn ṁen in, kwoj aikuj karreo im kōjbarok kilūm ien otemṁej. En ḷap am mōṇā leen wōjke im mōṇā ko reṁaroro. Mōṇā kein renaaj jibaṇ ānbwinim jān an eddōk wōt ie im kōmman am utamwe. Kwoj kememej wōt ke kain mōṇā ko jilu ilo jaat in mōṇā eo?

Ettabuk ej juon wāween eo emman ṇe ej or wōt ilo ānbwinim. Illik tṇōl ak mōttan nuknuk ilo dān bwil im tabuki wōt eo. Jab keeṇe ak kōpeḷḷok ṁejān wōt eo. Wōt eo eṁarōn ilōk ṇan jikin ko jet ilo ānbwinim. Tabuki wōt eo ālikin an rub ṁejān. Enaaj ṁake toor kobban im ṁo mōkaj.

Eor uno ri Maajōl rej kōjerbal ṇan wōt. Jej joonī jubuub in bōlōk ko ilo binieb. Tokālik jej biti tōrerein wōt eo im kalbubuiki kōn jubuub ko. Ilo wāween in emōkaj ḷok an rub ṁejān wōt eo. Jet ien wōt ko rej ṁetak eḷaṇe jej tutu iaar kaki. Kwoj aikuj in kōjbarok eḷaṇe eor wōt ej eddōk ilo ānbwinim.

# NAÑINMEJ IN KIL

Lōñña, lōñña, wōn ña? Riiti melele kein kajjojo im jei naan ko rejimwe ilo lain ko imaan naan ko:

Erkein naan ko:	kiito	joop	jān	ebbōj
	karko	tāeo	wōt	kodkodi
	kurar	kinej	koko	anilen

- |         |     |   |
|---------|-----|---|
| KORAK   | 1.  | Ij jokwe im itoitak iomwin kilūm. Jet ien elap am mōnejnej ñe ij makitkit.                                |
| NAJ     | 2.  | Ña emouj kilū jān kwe. Ien otemnej ij binej meram in al jān kilūm.  |
| ITOKI   | 3.  | Ña ij eddōk ikilūm ilo juon jikin kallip. Ije ij eddōk ie edoluul ñe ij jino eddōk.                       |
| OKOK    | 4.  | Ña iritto lõk jān kiito. Imaroñ eddōk ilo aolepān jikin ilo ānbwinim.                                     |
| JIKEN   | 5.  | Ña ij walõk jān men ko rōkkān kwoj kōjer-bali. Jet ien ej lap aō toor kōn bōtōktōk.                       |
| IDOKDOK | 6.  | Elōñ mōtta kōm maroñ jokwe ikilūm. Kōmij walõk ñe kwoj jāb kōjbarok am karreoik kilūm.                    |
| EOTA    | 7.  | Ña idik lõk jidik jān wōt im ij bar jokwe ikilūm. Ñe kwoj keen eō imaroñ ilõk ñan jikin ko jet ikilūm.    |
| TWŌ     | 8.  | Ña iritto lõk jān tao im elap aō kōmetak eok. Ñe ij ritto lõk elap an toor emmed ippa.                    |
| RUKRA   | 9.  | Jet ien ij walõk ñe kwoj jāb kōjbarok. Imaroñ kōkkure eok ñe kwoj jāb karreoik im kōjbarok eo.            |
| NELINA  | 10. | Ña ij kōkkure aolep kinej ko rettoon ilo ānbwinim. Ña imaroñ lewoj elōñ kain kij im kōlap lõk am jorrāān. |

- EBJOB 11. Nā ij kōmman kakōlle nē ej jorrāān  
ānbwinim. Elap an metak ijoko ij kōmman  
kakōlle ie ilo ānbwinim.
- POJO 12. Nā imaroñ jibañ eok pōprae men kein rej  
kōkkure kilūm. Nē eor dān imaroñ karreoik  
kilūm kake.



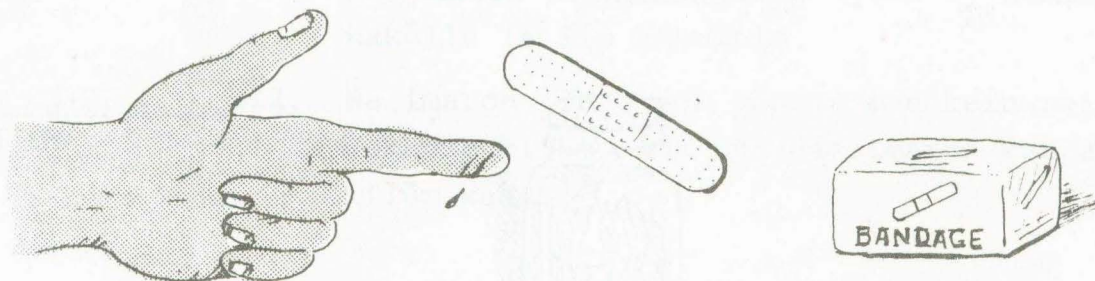
## ANILEN IN KINEJ



Kōjbarok ānbwinim jān an kinejnei im ettoon. Jet kinej remaroñ im anilen im kōmman jorrāān eļāñe kwoj jab karreoiki. Dekā im nañinmej in kil ko jet remaroñ kōkkure ānbwinim. Remaroñ kōkkure ajim im menono eo am.

Kwoj aikuļ in karreoik kinej, kurar ak jorrāān ko jet ilo kilūm. Muktata karreoik peim kōn joop im dān. Tokālik, karreoik kinej ak kurar ko kōn bar joop im dān. Jap jibwe mejen kinej ko eļāñe ettoon peim. Ñe eor bōtōktōk ilo mejen kinej ko, jab kōmakiti. Mōkak ko imejān kinej ko rej pōprae an toor bōtōktōk. Uno in kinej ko rej manman wōt kij. Uno kein rej jab make kaṃoe kinej ko. Ien otemjej kalbubuik mejen kinej eo kōn korak ak mōttan nuknuk erreō. Kōjbarok wōt kinej eo bwe loñ en jab jok lok ie im kakijkiji.

## BWEBWENATO IN PAUL



Kwonaanin kar roñ ke bwebwenato in Paul? Etke Paul ear jab mōñōñō āinwōt ajiri ro mōttan? Ekwe, eñiin bwebwenato in Paul:

Paul ear juon rijikuul ilo kilaaj jiljilimjuon. Paul ear jab kanooj in lemōñōñō. Ear kinejne neen ak ear jab karreoiki. Innām ear anilen kinej eo im lukkuun metak. Kinej eo ear jab mo lok im ear lap an Paul eñtaan kake. Loñ ko raar item jok ion kinej eo im kōmman an Paul abñōñō. Tokālik ear ilem or bwiin kinej eo. Paul kiiō eban etetal kōn an metak neen. Ear jab maroñ ikkure ippān ajiri ro mōttan. Mokta lok, Paul ear kanooj in ājmuur im lemōñōñō. Kiiō ejako an ājmuur im ej jab mōñōñō ñan jidik. Ejako lok an tutu im karreoik ānbwinin. Bōran im nuknuk ko an raar kanooj in ettoon.



Kwokōñaan ke bwe kwon āinwot Paul? Eñāne jaab, ekwe kwoj aikuj in karreoik jabdewōt ilo ānbwinim. Karreoik kinej ko im kurar ko ien otemjej. Eñāne kwoj erre wot, kwoban jorrāan jān kinej im nañinmej ko jet. Kij ko reban kōkkure kinej ko eñāne ej erre ānbwinim ien otemjej. Karreoik ānbwinid ekanooj in lap tokjen. Elōñ kij ko remaroñ kōmman ad nañinmej eñāne ānbwinid ej jab erre. Paul ear lap an nañinmej kōn an jab karreoik e im kinej eo ilo neen. Kōjbarok wōt im jab arri Paul.



## KŌJBAROK KOOLAN BAR

Kwoj karreoik ke koolan bōram? Kool ej kōkōmanman ilen juon armej. Ełañe kwoj kōjbarok bōram, enaaj emman an armej lale eok. Koolan bar ej kwalok ełañe juon armej ej ājmuur ak jaab. Erkein jet wāween kōjbarok koolan bōrad:

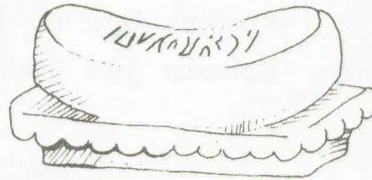


- 1) Kuumi ak būraje koolan bōram raan otemjej. Wāween in enaaj kōmman bwe en erreō im ājmuur koolan bōram. Buraj im kuum rej keājmuur kil eo ilo lat in bōram. Karreoik kuum im būraj eo am ien otemjej.
- 2) Tutu im kwałe bōram kōn joop im dān juon alen juon wiik. Karreoik bōrad ej jołok kij im nañinmej ko jet ilo lat in bōrad.
- 3) Ełañe ekijkij bōram, iłok ippān taktō ro bwe ren kwalok wōj kilen am jułok kij ko jān koolan bōram.

Ełañe emāni koolan bōram, kwałe wōt kōn joob im dān. Likit juon laim ak jidik binkō ilo bar juon bakōj im kwal bōram kake. Laim im benkō rej jołok an ejjopop bōram im kōmman bwe en jab kijnēnē. Bar kwałe bōram im jołok nemēn laim im benkō eo. Kabiti koolan bōram ełañe kwokōṇaan.

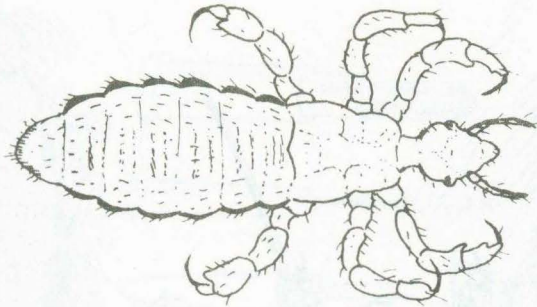
Kwałe koolan bōrad ej juon wāween ājmuur eo emman. Kij ko renaaj jako ełañe jej kwałe im karreoik koolan bōrad. Kōjermal joop im dān ilo ien am kwałe bōram. Ijoke, jet joop reṃaroñ kōkkure koolan bōram ełañe ełap aer kajoor.

Emman ļok kōjerbal joop ko rōmera nān karreoik bōram kaki.  
 Joop Ivory emman nān bōram. Joop Dial emman nān kilūm bwe  
 ej manman kij. Jab joope bōram kōn joop im kwaļkoļ, nuknuk  
 ko. Joop in kwaļkoļ, nuknuk ko eļap aer kajoor nān kilin  
 armej.



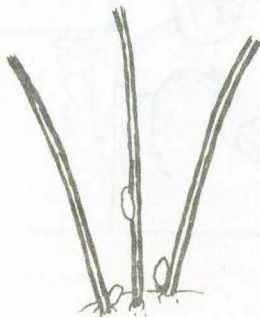
## KIJ IN BAR

Kwonaanin ellolo ke leddik ak kōrā rej ākit? Ākit ej juon men eo emman ippān kōrā in ailiñ kein. Ien otemjej kōrā ro rekōṇaan ākit eḷaṇe rej jijōt im kōmmao. Ākit ej juon wāween julōki kij ko jān bōrad. Kōrā ro ekkā aer ākit ilo ien aer kakkije im bwebwenato. Elōñ kōra raar baj ākit mantak wōt jān ien ko etto.



Ākit ej juon wāween mour an kōrā in Maajōl. Bōtaab, ākit im kūji kij ko ej jab juon men eo erreō. Bwelen emman ad rōnjake an eṇṇōjṇōj kij ko ñe jej kūji. Ak kwojelā ke eor ta ilowaan loṇṇeen kij ko?

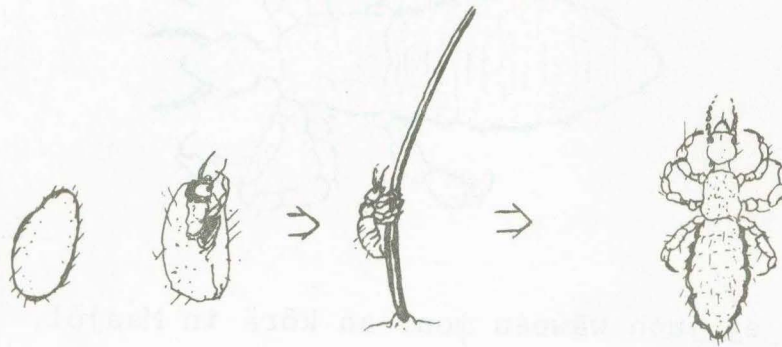
Kij ko rej jet men in mour jiddik. Men in mour jiddik kein rej mōnā bōtōktōk. Kij kein rej jerom bōtōktōk jān kilin lat in bōrad. Innām, ñe kwoj kūj juon kij, kwomaron ilim bōtōktōk eo ilowaan loṇṇeen. Men in ej āinḷok wōt ñe kwaar idaak bōtōktōk in armej eo kwoj ākiti. Bōtōktōk in armej emaron in wōr kij in nañinmej ie. Nañinmej kein remaron in iwōj nan ānbwinim eḷaṇe kwoj kūji kij ko ilo ien am ākit.



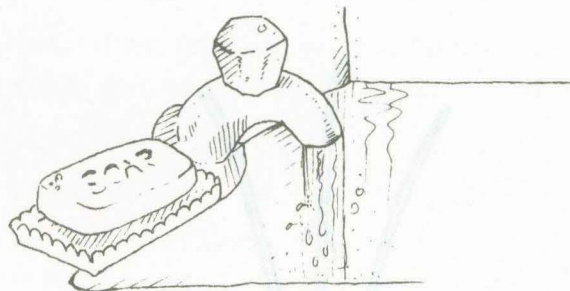


Eor juon kain kuum kwomaroñ kōjerbale ñan ākit. Kuum in ekanooj in aidik tōōlan. Kuum in ej kawōtłok kij ko jān koolan bōram. Kwomaroñ in kawōtlok bōjen, bōjen kij kōn kuum in. Juloki kij ko rewōtłok ilowaan juon nine eor oil ie. Kij ko enaaj mōkaj aer maloñ im mej ilo oil eo.

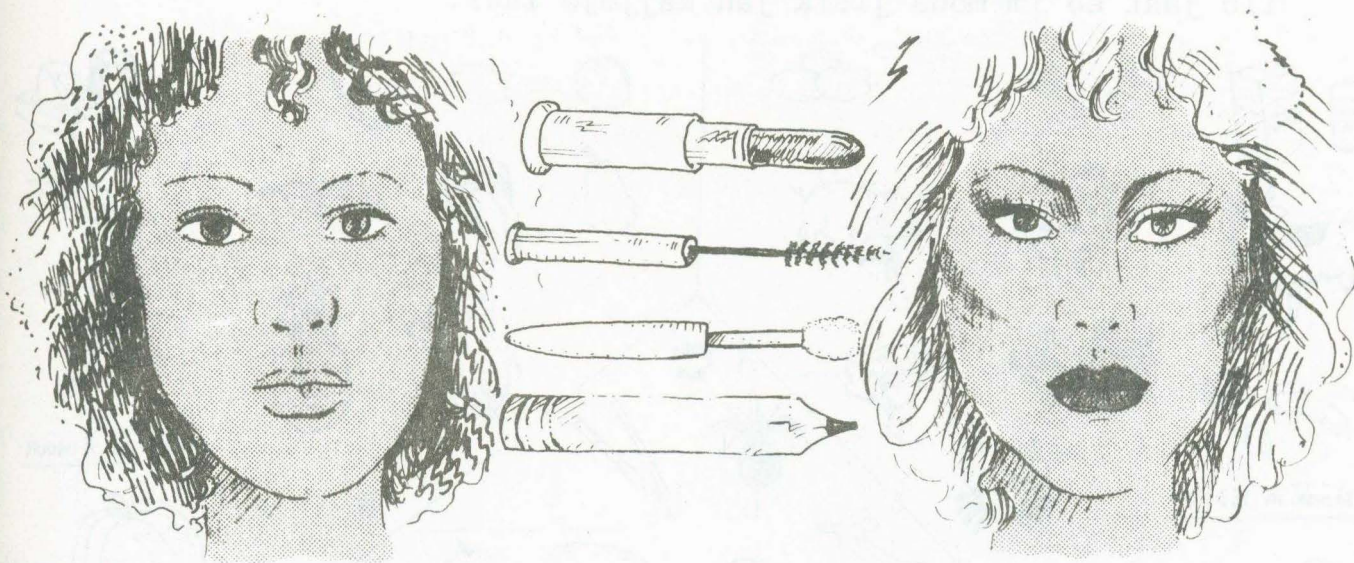
Kwomaroñ bar āti kij ko rewōtłok ilowaan juon pepa im tūle. Elapłok an enñōjñōj kij ko ñe jej tūli. Kij ko jej tūli ebar enno aer iuwi im āinwōt nemān pao. Kememej bwe ikkūk kij ettoon im maroñ lewoj nañinmej ñan ānbwinim.



Kij ko emōkaj łok aer kaine elañe ej ettoon bōrad. Juon kijlep emaroñ keotak 100 łok ñan 300 lep ak tel. Iomwin wōt ruo wiik enaaj rubrub tel kein im ekkwałok jiñūrñūr. Ālikin bar ruo wiik, jiñūrñūr kein renaaj ritto im bojak in lūk lep ak tel. Elañe enaaj keotak aolepen kij kein, enaaj or taujin, tel, jiñūrñūr im kijlep ilo koolan bōram. Innām enaaj mōñōjñōj im abñōñō bōram.



Keṃeṃej bwe pōkā ko kwoj kabit bōram kaki reban juḷoki  
 kij ko jān bōram. Emman tata karreoik bōram im bukōt kilen  
 am juḷoki kij ko jāne. Kwoṃaroṇ karreoik kooḷan bōram kōn  
 joop im dān. Kwoṃaroṇ kōjerbal kuum in ākit eo im juḷoki kij  
 ko jān kooḷan bōram. Mani aolepen kij ko rej wotlok jān  
 kooḷan bōram bwe ren jab bar mour im itoitak.



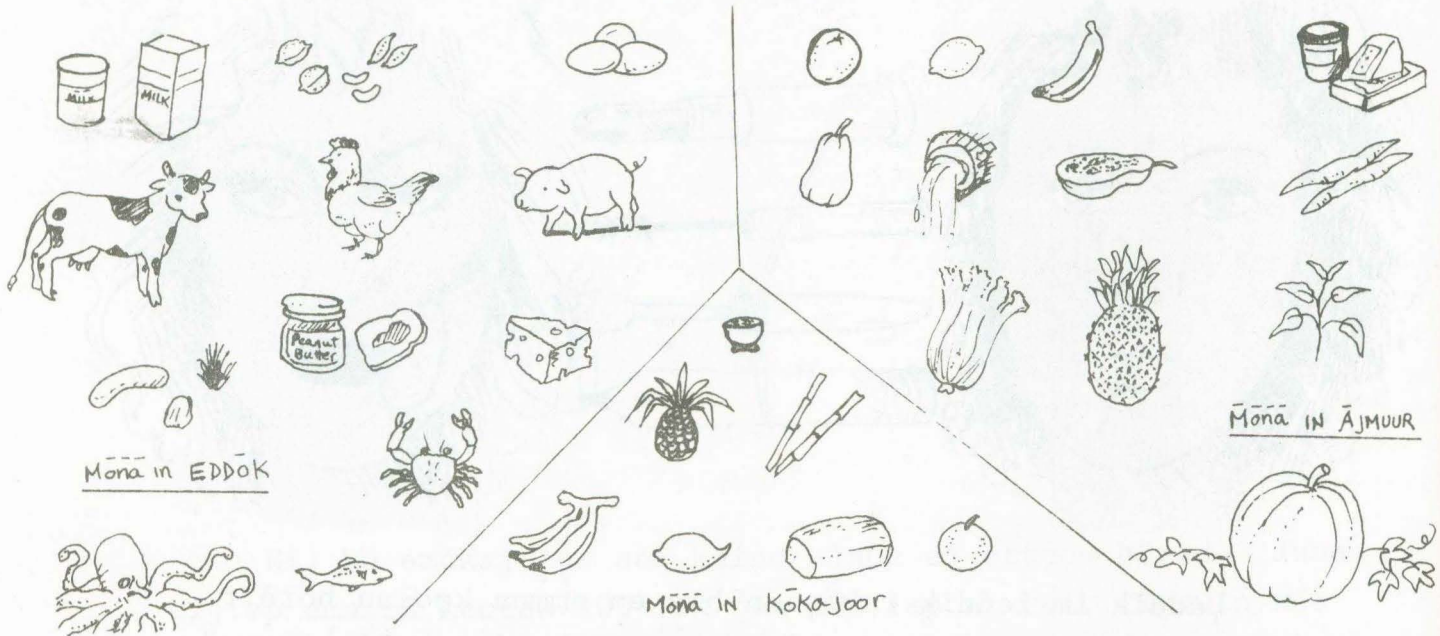
Ḳaddik im leddik rekōṇaan bwe en emman kooḷan bōrāir.  
 Jet ien ej tim ḷok kooḷan bōrad. Mōṇā ko jej kaṇi reṃaroṇ  
 komman bwe en tim ḷok wōt kooḷan bōrad. Ej aikuḷ in uṇ ūnen  
 mōṇā ko kijed aolep ien. Mōṇā wōt raij im kuwat ejabwe ṇan  
 keājmuur kooḷan bōrad. Ek, jukkwe im mōṇā in ailiṇ kein ko  
 jet eḷap aer jibaṇ kōkōmanman kilid im kooḷan bōrad.



## Ta Tokjen Mōnā Ko Nān Ānbwinid?

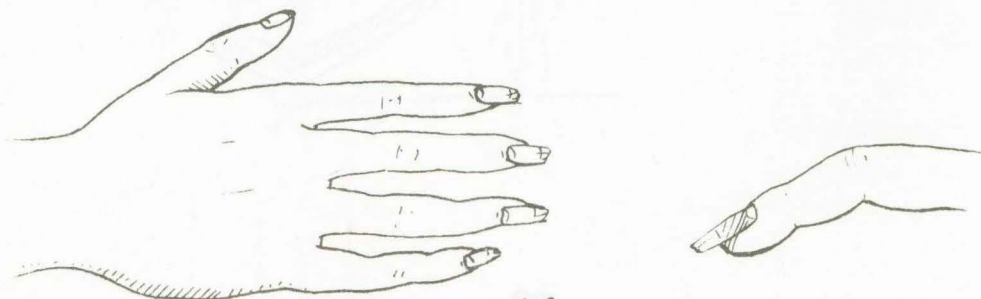
Aolep armej rej aikuj mōnā. Jej aikuj mōnā nān ad mōur im eddōk ļok. Jej aikuj mōnā nān ad maroñ in jermal im ikkure. Jej aikuj mōnā bwe jen kajoor im ājmuur.

Mōnā ko jej kañi aolep raan etair DIET. Eaikuj in lōñ kain mōnā ko jej kañi ilo juon raan. Mōnā kein renaaj kōmman bwe en uñ ūnen men ko jej aikuji nān ānbwinid. Lali mōnā ko ilo jaat eo im mōnā jidik jān kajjojo iaer.



Jet mōnā rej kōkajoor ānbwinid. Jej aikuj kajoor nān ad makitkit, jermal im ikkure. Ānbwinid ej aikuji kajoor in ien otemjej. Ilo ien ad kiki ānbwinid ej kōjermal wōt kajoor in. Menono eo im ār eo rej makitkit wōt meñe jej kiki. Mōnā in kōkajoor ko rej barāinwot letok an māānān ānbwinid.

Jet mōnā rej kaddōk im kōkāāl ānbwinid. Kwoj aikuji mōnā kein nān am eddōk im ritto ļok. Mōnā kein rej barāinwot kōkāāli jikin ko rej jorrāan im mor ļok ilo ānbwinim. Mōnā in kaddōk kein elap tokjeir nān ajiri ro ilo ien aer eddōk im ritto ļok. Ilo am ritto ļok elōñ kain mōnā kein kwoj aikuji in kañi ilo kajjojo raan.

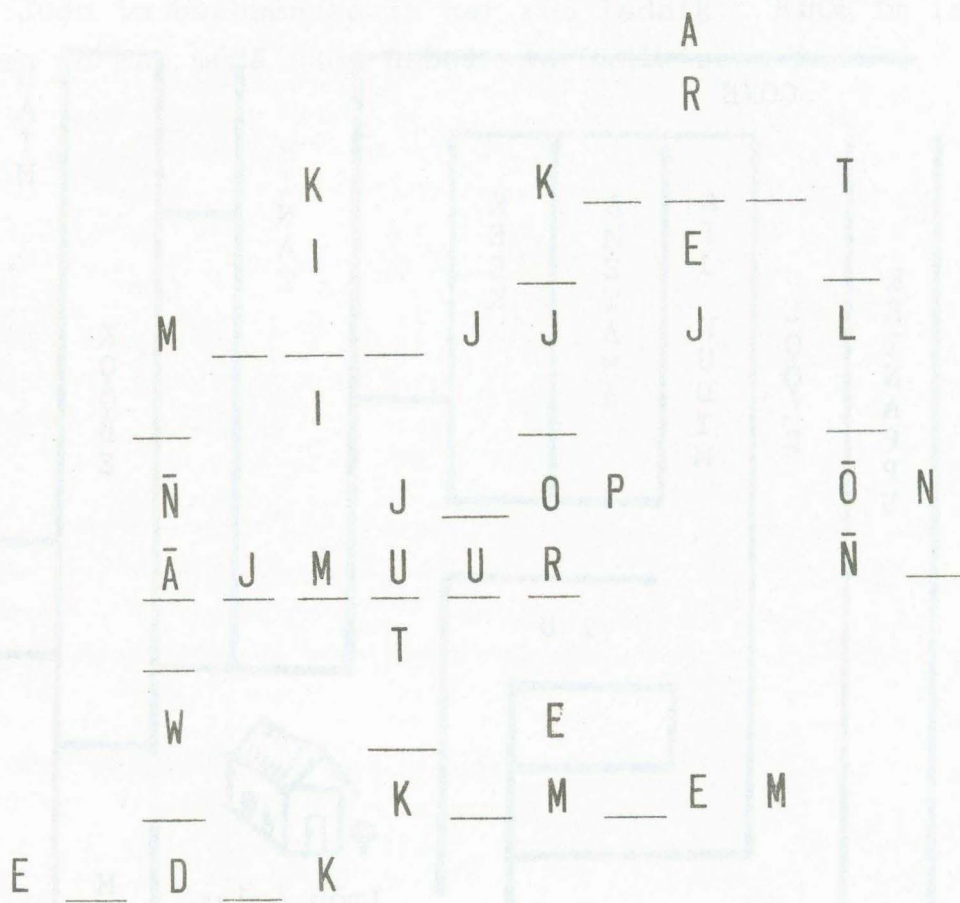




KOMMAN NAAN JĀN ĀJMUUR

Bukōt naan ko remaroṇ walok jān naan in, ĀJMUUR. Aolepān  
 naan ko ren kwalok kōn ta in ĀJMUUR.

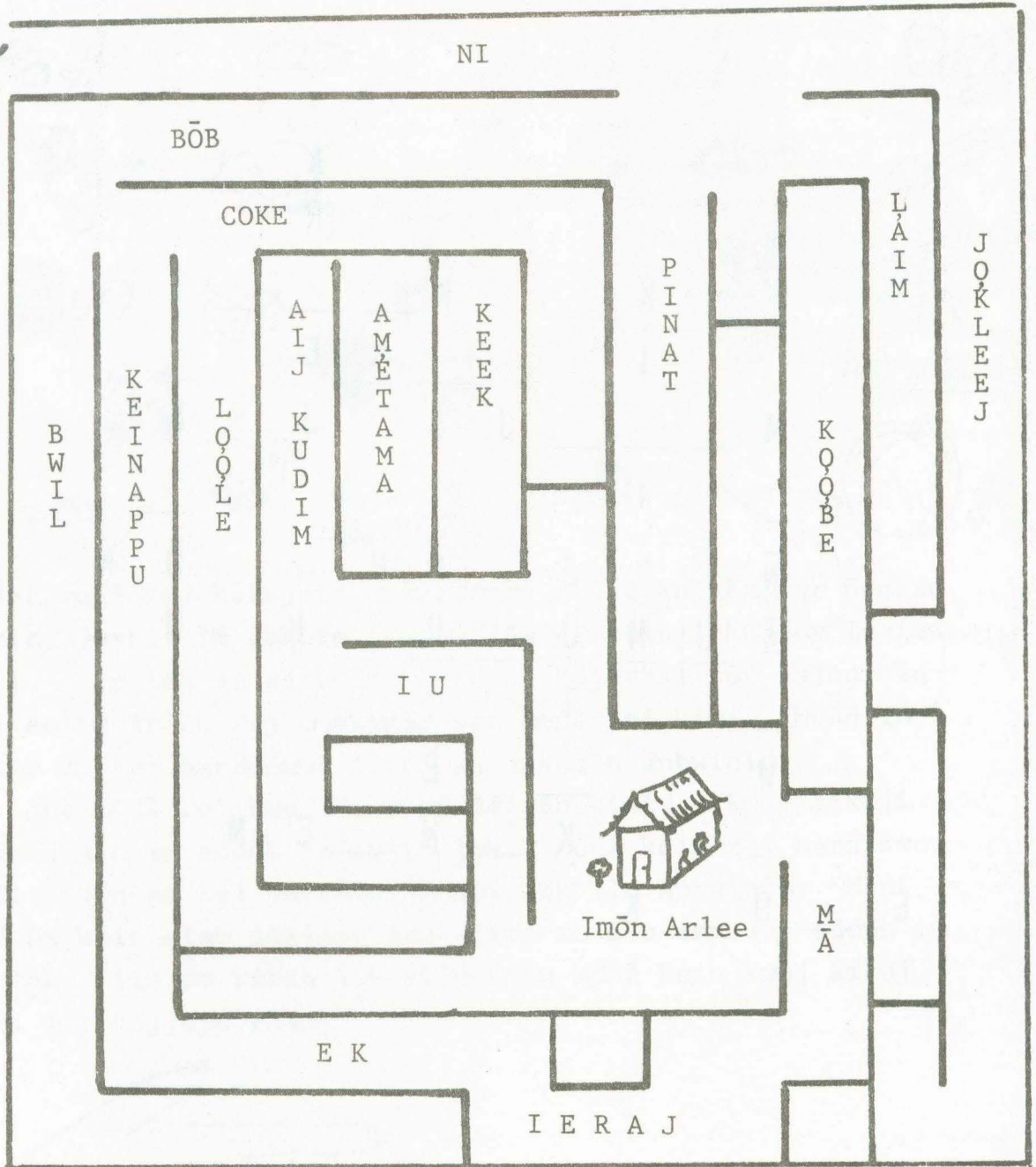
Waanjoñok :



# IAL EO AN ARLEE

Jibañ Arlee bukōt mweo imōn. Ekijoroor in rool bwe elap an kwole kiiō. Kwalok mōnā ko ear kañi ilo ial eo an. Kain mōnā rot kein?

Jino  
Ijiin



Aolep ajiri rej eddōk im ritto ļok aolep ien. Koolan bōram im akkiūm rej eddōk ippān am ritto ļok. Aolep ien eor jet mōttan ilo ānbwinim rej mor ļok im jorrāān. Kwomaron jirillok im kurar kilūm. Ānbwinim eaikuj in kōmman kil kāāl im binej ijo kurar eo ear pād ie. Mōnā in kaddōk ko wōt remaron in kōmmane men in.

Jet mōnā rej komman bwe ānbwinim en ājmuur im kajoor. Mōnā kein rej pōprae nañinmej jān an deļon tok ilo ānbwinid. Meļeļe in pōprae ej dābij jān jorrāān. Mōnā kein eor jet ōn ie etāir in VITAMINS. Ilo bar jet mōnā eor ōn ko rej pād ie etāir in CALCIUM im IRON. Ōn kein jimor jej na etāir MINERALS im aolepeir rej kōkajoor ānbwinid.

Juon in bwebwenato in kar ruo ļaddik. Riit im lale ewi wāween an kar mōnā ukōt ānbwin in ļadik rein ruo:



Maik im Laik erro kar laddik eppo. Errö kar jímor lotak ilo juon wõt raan. Ladik rein raar jokwe ippān jineir im jemāir ilo juon āne. Aolepen armej ro ilo āneo raar kanooj in ājmuur im mōnōñō. Aremj rein raar make ekkat kijeir ion bwidej ko aer. Elōñ kain keinikkan ko raar katōki. Raar ekkat binana, keinappu, laim, mā im ieraj. Ilo mool, elōñ kain mōnā in aelōñkein ko raar katōki. Aolep ien ej lōñ kijen armej ro ilo āneo mōnā.

Ke ladik rein raar rittolok, jemāir ear katakin er ānwōd. Jemāir ear bar katakin erro kōn wāween mour ko jet ion juon āne. Belaakin āneo ear bar obrak kōn elōñ kain mōnā ko jet. Ladik rein mejlok in erro ilām ānwōd ñe ej emman pōkā. Ien otemjej ej lōñ kwonāerro im bwe aereañ jineir im jemāir mōnā. Jet ien rej ajeej ek ñan ro jerāer im nukier.

Ien otemjej ear emman an riāneo mour. Aolepāir raar ājmuur im mōñōñō. Ñe ej itok tiima ko, riāneo rej wiakake waini, amimoño, im mōnā in aelōñkein ko. Jet ien rej wia joob, nuknuk, im aikuj ko jet eor lok tokjāir. Elap an lōñ ien riāneo rejjab wia mōnā jān tiima ko. Riāneo rekōnaan wõt mōnā ko kijeir jān ko ion tiima ko. Eñiin unin an riāneo ājmuur wõt ien otemjej.

Juon raan Maik im Laik raar roñjake juon kōjjelā ilo radio. Kōjjelā eo ej ba ke enaaj or juon tiima ej ilok ñan āneo. Ien otemjej ladik rein rej emmōñōñō ñe ej or tiima ej ilok ñan āneo. Rekōnaan jelā wōn enaaj itok im wōn enaaj iuwe ion tiima ko.

Ilo jibboñ in raan eo juon, tiima eo ear jade lok. Maik im Laik raar ilok ñan jikin po eo ippān armej ro jet. Aolep ien riāneo rej ilok ñan jikin po eo ñe ej or tok tiima. Rekōnaan eoron ennaan im jelā wōn ro paajinjea tok ion wa ko.

Tiima eo ear itok im ankō ilo jikin po eo. Ladik ro raar loe an jeela ro ākitwe booj ko. Tōkalik paajinjea ro raar to lok ion booj ko. Elōñ mweiuk ko raar ākitwi lok ion booj ko im wōnāne lok.

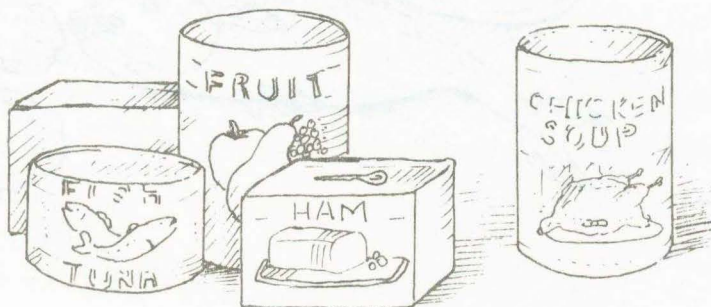
Ke rej reilok, ladik ro raar loe leo jein jineirro anetak. Im erro kar ettor meto lok im idik pein. Erro kar ineki anelok men ko mweien alap eo aerro nan mweo imeir. Elon bwebwenato ko alap eo aerro ear kwaloki ke erjeel ej ilok. Im ear kajjitok elane eor ian ladik ro ekonaaan iuwe ippan nan Majuro. Laik ear kwalok an konaaan im ba ke ej iuwe nan Majuro.

Rianeo raar kanooj in boub raan eo. Lomaro raar ekto im ektak mweiuk. Limaro raar koboogi men ko mweien riuwe ro. Jet ien ekonaaan jab to an wa ko pad iaarin aneo. Wa ko rekonaan jerak alikin wot aer akto im ektak.

Ilo joteen eo, rianeo raar kommane juon aer paadi elap. Raar ron an jeela ro ba ke wa eo enaaj jerak ilo jippon in raan eo juon. Ilo paadi eo, jeman ladik ro ear ba ke Laik ej iuwe nan Majuro. Ajiri ro ilo aneo raar buromoj kon an Laik iuwe jan er. Im raar lellok elon men in iokwe nan Laik. Elon wut im amimono raar lilok nan Laik. Rianeo raar al im eob mae ien an jerak tiima eo.

Laik ear jutak im konnaan mokta jan an jomlok paadi eo. Armej ro raar kanooj in buromoj ke Laik ej konnaan. Botaab Laik ear ba ke ejjab etto im enaaj bar rool tok nan aneo. Ke ej moj an konnaan, Laik ear itoitak im idik pein armej ro. Elon men in iokwe armej ro raar lilok nan Laik ke ej idik peier.

Ke Laik ej tokeak lok Majuro ear kanooj in bwilon. Ejjelok kanin aelon kein ear loi ioon Majuro. Aolep ien Laik ej mona wot raij im jalele kuwat. Laik ear loe ke Majuro ej juon jikin eo ekanooj in lon armej ie. Elon armej ro rej pad bajjok ak ejjelok aer jerbal. Aolepen armej ro rej mona wot raij im jalele kuwat. Armej ro reban wiaiki mona ko jet bwe rej jab jerbal.



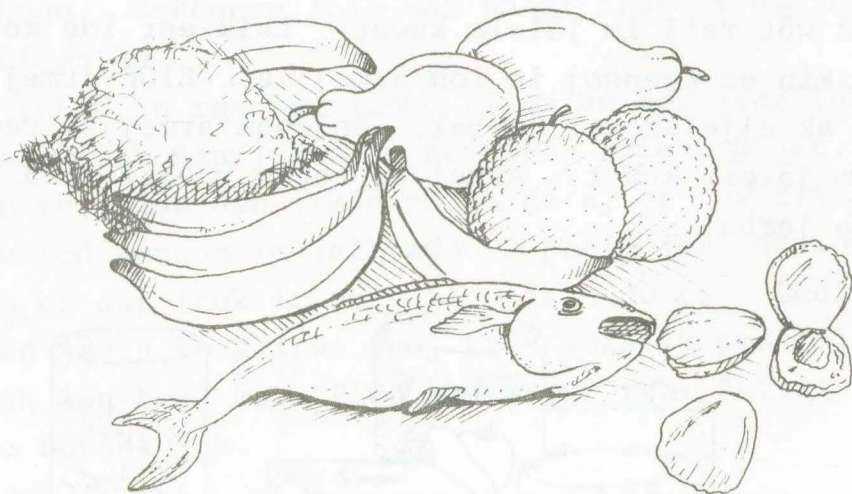


Laik ear jino nañinmej im mōjño, jān mōnā ko ej kañi. Ien otemjej ej mōjño ānbwinin im nana an mour. Niin kiō ejino jorrāan kōn an idaak wōt koola im mōnā men ko retōnal. Ajiri ro jet mōttan Laik ion Majuro rebar mōjño im ekkein wōt nañinmej. Rejaje ke mōnā ko kijeir ko rej kōmman an ajiri ro nañinmej.

Laik eban emman an kōmmani katak ko an kōn an nañinmej wōt. Grade ko an ilo jikuul rej nana lõk aolep ien. Laik ekanooj in kōṇaan kar delōñ ilo high school. Bōtaab ejaje emarōñ ke delōñ ilo high school kōn an jab emman lõk grade ko an.

Laik kiio eor de jet iiō in an pād im jokwe ion Majuro. Juon raan ear loe juon an leta jān po eo jein, Maik. Maik ear jeje im kwaļok ke emōj kālet e bwe en delōñ ilo high school. Maik ear bar kwaļok ke eļap an kijoroor in loe Laik ñe eitok ñan Majuro. Ear bōlen lōmṇak ej emman wōt an Laik pād im mour ioon Majuro.

Maik ear kanooj in bwilōñ ke ej item loe po eo jatin ilo Majuro. Ear lōmṇak ejjab ļadik eo jatin eo kōn an aidik im mōjño. Laik ear kanooj in ājmuur ke ej itok jān āneo āneirro. Kōn wōt an jab ūn ūnen mōnā ko kijen ioon Majuro, Laik ear jino nañinmej im mōjño. Maik ej ājmuur wōt kōn an kar mōnā wōt kanin aelōñ kein. Maik ear jelā ke mōnā ko kijen Laik raar kōmman bwe en nañinmej im mōjño.



Kōn men in ḷadik rein raar jeje n̄an jineir im jemāir.  
Raar kajjitōk bwe ren ijžilōk tok mōnā in aelōn kein. Erro  
kar bar jino ekkat mōnā in aelōn kein iturin mwēo imweir.

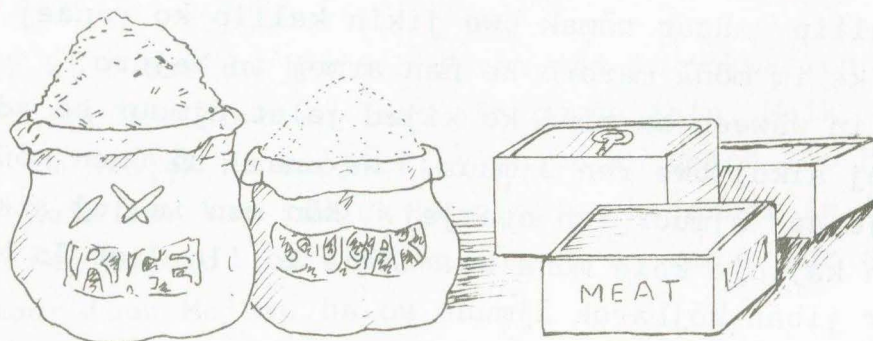
Iomwin wōt jidik ien ear eddōk keinikkan ko nejierro.  
Kiiō erro ej mōnā wōt kanin aelōn kein. Elōn kain mōnā ko  
raar eddōk ilo jikin kallip eo aerro. Laik kiiō ejino an  
ājmuur ḷok kōn an uñ ūnen mōnā ko kijēn. Grade ko an ilo  
jikuul raar emman ḷok im ear marōn deḷōn ilo high school.  
Jet ien rej kūr tok ajiri ro jet bwe ren lale jikin kallip eo  
aerro. Ejjab etto im elōn ajiri im ritto raar bar kōmman aer  
jikin kallip. Raar tōmak bwe jikin kallip ko renaaj kalle  
leen wōjke im mōnā maroro ko n̄an armej in Majuro.

Eniin wāween an mōnā ko kijed jelet ājmuur eo ad. Aolep  
ajiri rej aikuj bwe ren ājmuur. Nē enaaj uñ ūnen mōnā ko  
kijed, jenaaj ājmuur ien otemjej. Kōn men in jej aikuj in  
mōnā jān kajjojo kain mōnā ko. Mōnā ko ilo Jaat In Mōnā eo  
elap aer jibañ kōjbarok ājmuur eo ad.

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Jorrāān eo an Laik ilo bwebwenato in emaroñ walok ñan kajjojo ajiri. Kwojelā bwe Maik ear ājmuur wōt kinke ear mōñā elōñ kain kanin aelōñ kein. Ladik eo jatin, Laik, ear nañinmej ña ilo jikin kwelok eo. Unin an Laik kar nañinmej kinke ekōn mōñā wōt raij im jālele kuwat. Mōñā ko kijen Maik raar keājmuur ānbwinin. Mōñā ko raar kōkajoor e, keājmuur e, im ejaake im kōkōmanman ānbwinin. Ak mōñā ko kijen Laik raar kōmman wōt men in an nañinmej im mōjño.



Mōñā ko jej kañi rej jab kanne wōt lojied. Men ko jej kañi rej jelet wāween ad pād im mour. Rej jelet ājmuur eo ad im wāween ad eddōk lok. Rej ukōt kŭlid, koolan bōrad, im añlokid. Kememej bwe en ūn wōt ūnen mōñā ko kwoj kañi aolep ien. Ilo wāween in kwonaaj pād wōt ilo am ājmuur im mōñōñō.

Eor jet bar kain mōñā āinwot lojle, koolā, bia, ti im kojpe. Kwoj loi ke mōñā kein ilo Jaat In Mōñā eo? Mōñā kein rej jab pād ilo lajrak in mōñā ko jilu ilo jaat eo. Mōñā kein rej mōñā waan. Rej jab jibañ keājmuur ānbwinid. Lojle im koolā elap aer tōñal im lap juka ie. Juka ej kōmman bwe kij ko ren eddōk ilo ñiūm. Kwomaroñ bar etali mōñā kein ilo bok eo etan in , ETKE JEJ Mōñā?

Lale Jaat In Mōñā eo. Eor jete group in mōñā ie? Mōñā ta ko rej pād ilo juon group? Kwoj ellolo ke mōñā waan (lojle, koolā, etc.) ilo jaat eo? Kwojelā ke mōñā rot ko ekkā am kāni? Kanne jaat in im bukōti mōñā rot ko ekkā am kañi ilo juon raan:



# LAJRAK IN MŌNĀ KO AOLEP RAAN

Ien Mōnā ' Mōnā in ' Mōnā in ' Mōnā in	Mōnā
Eddōk Ājmuur Kōkajoor '	Waan ko
Jibboñ	
Raelep	
Joota	
Kōtaan Ien	

Lōmnaki aolepen mōnā ko kwaar kañi mokta jān raelep. Je etan mōnā ko iomwin group ko rej pād ie ikijjeen jibboñ. Likit aolep mōnā in eddōk ijo jikier. Likit aolep mōnā in ājmuur ijo jikier. Likit aolep mōnā in kōkajoor ijo jikier. Im likit aolep mōnā waan ijo rej jenolok ie. Lale Jaat In Mōnā eo im käälet jikin eo kajjojo mōnā ej pād ie.

Kiiō, jei mōnā ko jet kwaar kañi ilo raelep im joota. Kanne jaat eo kōn aolepen mōnā ko kwaar kañi ilo raan eo. Keidi mōnā ko ilo jaat eo am ippān mōnā ko ilo Jaat In Mōnā eo. Lale elañe kwaar mōnā jān kajjojo iaan group in mōnā ko jilu. Ta men ko ear ekkā am kañi, mōnā waan ke ak mōnā in kōkajoor? Elañe aet, ekwe kwoj aikuj bar mōnā jān mōnā in eddōk ko im mōnā in ājmuur ko.

Āin aolep mōnā wōt juon ke?

Erki wōt mōnā kein remman?

Ek ke ak kuwat?

Raij ke ak mā?

Apōl ke ak binana?

Koolā ke ak jōkaro?

Kwole ke an piinat?

Mōnā Ko Ij Kañi Ilo Juon Raan

Ien Mōnā	Mōnā in Eddōk	Mōnā in Ājmuur	Mōnā in Kōkajoor	Mōnā Waan ko
Jibbōn				
Raelep				
Joota				
Kōtaan Ien				

Lōmnaki aolepān mōnā ko kwaar kañi mokta jān raelep. Je etan mōnā ko iomwin group ko rej pād ie ikijjeen jibboñ. Likit aolep mōnā in eddōk ijo jikier. Likit aolep mōnā in ājmuur ijo jikier. Likit aolep mōnā in kōkajoor ijo jikier. Im likit aolep mōnā waan ijo rej jenelōk ie. Lale Jaat In Mōnā eo im kāālet jikin eo kajjojo mōnā ej pād ie.

Kiiō. jei mōnā ko jet kwaar kañi ilo raelep im joota. Kanne jaat eo am kōn aolepān mōnā ko kwaar kañi ilo raan eo. Keidi mōnā ko ilo jaat eo am ippān mōnā ko ilo Jaat In Mōnā eo. Euñ ke aolepān ūnen mōnā ko kwoj aikuji ilo kajjojo raan?

# KABBOK NAAN IN ĀJMUUR

Bukōti naan in ājmuur ko (35) jiliñuul lalem. Naan kein rej jipeel lallōk, ak nān anmōon. Doluuli pelaakin naan ko im kakōlleiki nē emōj am loi.

Erkein naan ko:

1. addi	10. diben	19. kiki	28. naan
2. ainiñ	11. eddōk	20. kileb	29. najidik
3. aj	12. enana	21. kōkajoor	30. nana
4. ajiri	13. erak	22. kōmat	31. oktak
5. al	14. idaak	23. kōto	32. ōn
6. alab	15. jerbal	24. laddik	33. tallōn
7. amwin	16. kajoor	25. leddik	34. tima
8. an	17. kamōlo	26. mōlo	35. wōdwōd
9. bōb	18. karreo	27. mōñōñō	

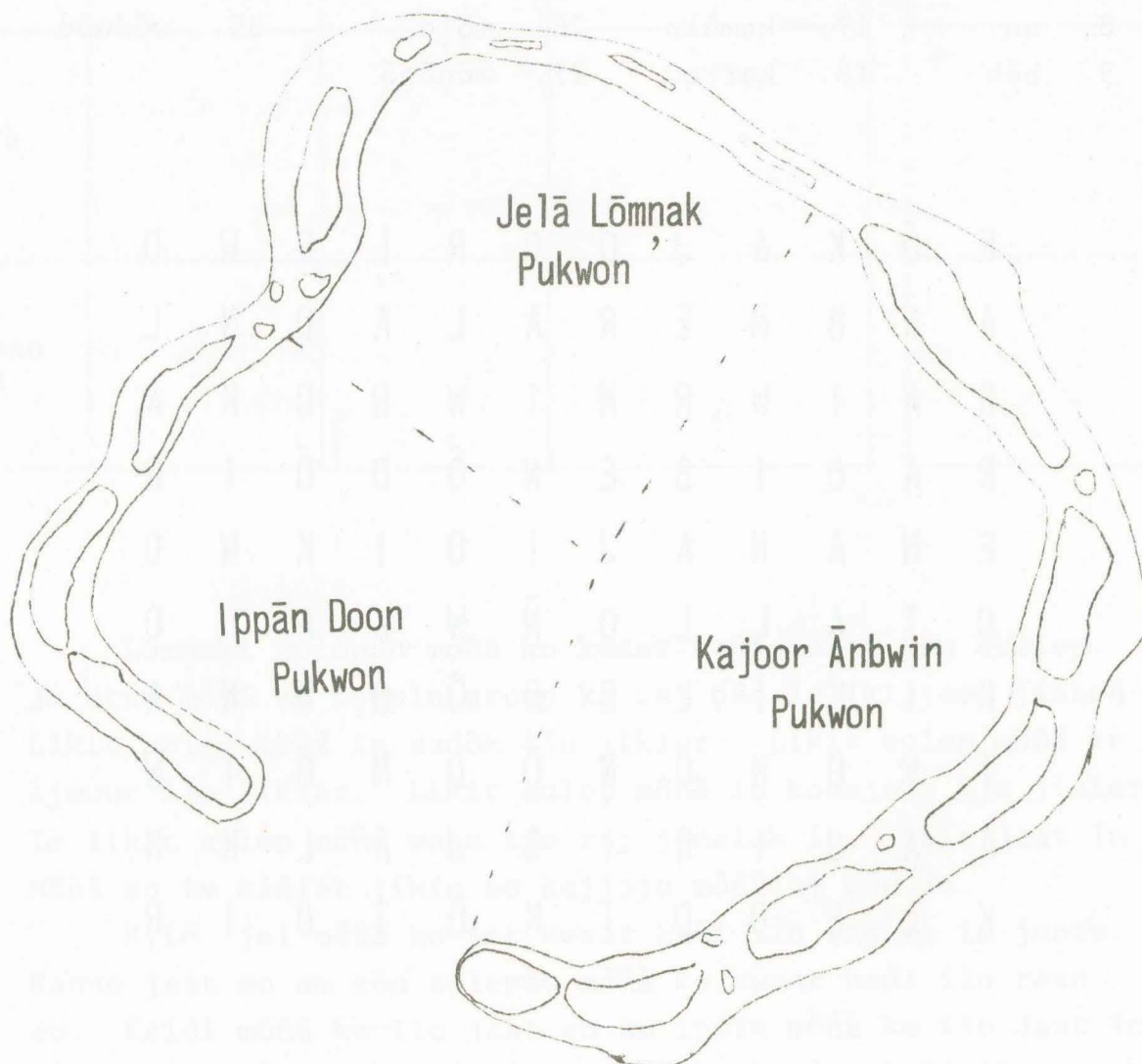
K Ō K A J O O R L E W D  
A N B M E R A L A D N L  
R A I W R M I W D D K A  
R A D I B E N Ō D Ō I R  
E N A N A J I D I K W U  
O T A L L O Ñ W K A U O  
K I K I L E B Ō Ō M N A  
T M Ō N Ō N Ō D M Ō T W  
A A J I R I B J A L K N  
K L E D D I K Ō T O I R



## ĀNEEN ĀJMUUR

Eñiin pija in ĀNEEN ĀJMUUR. ĀNEEN ĀJMUUR eor jilu bukwōn ie. Jei naan kein ilo bukwōn ko rej pād ie. Etan bukwōn kein Jelā Lōmnak, Kajoor Ānbwin im Ippān Doon.

- |            |             |             |
|------------|-------------|-------------|
| 1. kapeel  | 7. māletlet | 13. diben   |
| 2. kileb   | 8. kemeem   | 14. jouj    |
| 3. ikkure  | 9. kwojkwoj | 15. jikuul  |
| 4. karejar | 10. mejādik | 16. buromōj |
| 5. jerbal  | 11. marre   | 17. kakkije |
| 6. jerā    | 12. aidik   | 18. jibañ   |



## MEJIN TŌNĀL

Etke ej or nañinmej in tōñal? Elōñ ʎok armej in Marshall kiiō rej bōk nañinmej in tōñal? Nañinmej in ejjab waʎok jān kij. Ej waʎok jān jorraān in mōttan ko jet ilo ānbwin. Mej in ej waʎok eʎaņe ānbwinid ej ilām bane joñan juka eo ej deʎon tok ie. Juka in ej itoitak ilo bōtōktōk im diwoj ʎok ilo dān in raaut eo.

Ta men ko rej kwaʎok ke juon armej ebōk mej in tōñal? Muktata, juon ritōñal ejjab jako an Ɂaro. Kin an idaak wōt dān, enaaj ikkutkut ʎok an kōņaan kōppojak. Jet ien ej emmōkmōk im kōņaan wōt babu im kakkije. Jet ien ej mōņejņej kilin im Ɂaroñ anilen eʎaņe enaaj kurar jān an kūrūji. Kinej ko ilo neen ritōñal ro ekanooj in ben aer Ɂo. Kinej kein epidodo aer anilen eʎaņe jejjab kōjbaroki.

Ritōñal ro ekanooj in jōlɁane Ɂen ko kijeir. Ekanooj in ben lolorjaki Ɂen ko kijen ritōñal. Ritōñal ro eben aer pād ijoko ejjelok mōñā in aelōñ kein ie. Armej ro rej item jokwe ilo āne ko ilikin Ebeye im Majuro ejeeja aer tōñal. Armej ro rej item jokwe ilo Majuro im Ebeye ekkā wōt aer tōñal. Unin kōnke ejeeja mōñā in aelōñ kein ilo Majuro im Ebeye. Eʎap wōt an armej kōjērbal mōñā in pālle ilo jikin kein ruo.

Enaānin aolep ritōñal rekilep im eddo. Ejjab emman ñe ej ʎap ad kilep im eddo. Elōñ nañinmej ko jɁaroñ bōki eʎaņe jej eddo. Elōñ armej ro rej mōñā wōt ak edik aer kōmakitkit ānbwinier. Men in ej kōmman bwe en eddo ʎok wōt ānbwinier. Ejjelok tokjen kaidikdik eʎaņe jej mōñā wōt Ɂen ko rekūriij im tōñal.

Armej ikillep rej aikuļ in kaidikdik. Rejjab aikuļ in mōñā Ɂen ko rekūriij im ʎap oil ie. Rejjab aikuļ in kōjērbal juka im mōñā Ɂen ko im eʎap aer tōñal. Ñe jej kilep, eʎap tokjān bwe jen ettōr, jērbal, ikkure im kōmakitkit ānbwinid. Ñe kwokilep, mōñā wōt jīɁettan in Ɂen eo kijōm ilo juon ien mōñā.

Baj keidi mōk mōnā kein ilōn? Erki kein kwoj loi ke remman ļok? Ien otemjej mōnā in aelōn kein elap aer emman ļok. Eļāne eor nejūm money nān wia mōnā, wia wōt mōnā in aelōn kein. Mōnā in aelōn kein rōkāal im emman ļok jān mōnā ko jej wiaiki tok jān likin.





## Wā In Pōprae Nañinmej

Kwonaañin kar wā ke ippān taktō im nurse ro ilo Public Health? Jet ien taktō ro im nurse ro rej ilem, wā ajiri ilo aelōñ ko ilikin. Kwojelā ke kain wā rot ko kwaar bōki? Emman ñe kwoj etale pepa in wā ko am. Kwoj aikuñ in jelā elañe ededeļok pepa in wā eo am. Juon ajiri ej aikuñ in wā mokta jān an jet kain nañinmej waļok. Eļañe ededeļok wā ko am, ānbwinim enaaj make kōjbarok eok. Eñiin wāween pepa in wā (IMMUNIZATION CHECK LIST) eo:

kein: \_\_\_\_\_ emōj an bōk wā in pōprae nañinmej  
(Etam)

	Juon	Ruo	Jilu	Emān	Lalem
SMALLPOX . . . . .	_____				
	_____				
DPT (diphtheria, per- tussis, tetanus)	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
POLIO . . . . .	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____
MEASLES/RUBELLA .	_____				
	_____				
T.B. SKIN TEST . .	_____	_____			
	_____	_____			

Elañe ekakōlle aolepen box ko, ealikkar ke kwojoor jān nañinmej kein. Elañe ejjañin kakōlle jet box, ealikkar ke kwoj aikuji bar jet wā. Jiñom im jeñom, im rikaki eo am remaroñ bōklōk eok bwe kwon wā ilo hospital ak imōn takto eo.

Wā kein rej jibañ kōj jān jet mej renana. Wā kein rej liwōji mokta jān am bōk mej kein. Wā kein reban kemour eok ak renaaj pōprae eok jān nañinmej ko. Wā kein reban pōprae aolep kain nañinmej. Juon kain wā ej pōprae wōt juon kain nañinmej.

Majuro Hospital ej lelōk wā ko an ajir ilo aolepen juon iio. Wā kein rej bar liłōki ñan aelōñ ko ilikin ilo ien field trip ko. Eor juon allōñ ilowaan juon iio rej kālete bwe en ALLŌN IN WĀ. Ilowaan allōñ in elōñ men in kōjjela im kōmlele rej kōmmuni im kwalōki. Rej rōjān rikaki ro im jinen im jemān ajiri ro bwe ren bōklōk er bwe ren wā. ALLŌN IN WĀ EO ej juon ien emman ñan am lale elañe euñ wā ko am aolep.



# EN BAJ EMMAN WÖT AM MOUR?

Kwoj et bwe kwōn ājmuur? Kakōlleik mōk AET ak JAAB  
 ikijjeen kajjitōk kein ilal. Keidi iuwaak ko am ippān  
 ajiri ro ret mōttam.

	<u>AET</u>	<u>JAAB</u>
1. Kwōj būraje ke nīūm aolep raan?	_____	_____
2. Kwonaañin etal ke ippān taktō ran?	_____	_____
3. Kwōj karreoik ke koolan bōram aolep ien?	_____	_____
4. Kwōj kōjbarok im karreoik ke kilūm aolep raan?	_____	_____
5. Kwōj kōnaki wōt ke nuknuk ko rōrreo?	_____	_____
6. Kwoj kōjerbal wōt ke imōn bwidej ko?	_____	_____
7. Kwōj kwale ke peiūm aolep ien ālikin am bijōk?	_____	_____
8. Euñ ke wā ko am nān am pōprae nañinmej ko?	_____	_____
9. Taktō ran, renaañin lale ke nīūm?	_____	_____
10. Euñ ke ūnen mōnā ko kijōm aolep raan?	_____	_____
11. Elap ke am mōnā men ko retōnal?	_____	_____
12. Kwōj kōkajoor ke aolep ien ne ej mōj am jikuul?	_____	_____
13. Kwojelā ke ānwōd im kaiuiu ilo āne jiddik kan?	_____	_____
14. Kwōj kiki in joota im ruj in jimmarok ke?	_____	_____
15. Kwōj karreoik ke turin mweo imōn im ejjolok kobej ie?	_____	_____
16. Elōn ke kwonaam ilo jukjuk in pād eo am?	_____	_____
17. Kwōj karejar ke ippān armej ro mōttam?	_____	_____
18. Kwōj kwalok ke manit in ājmuur nān ro jet mōttam?	_____	_____

19. Kwōj pōprae ke ro jet jān menin jorrāān \_\_\_\_\_  
ko?
20. Kwōj lale emman lōk ke am mour ilo am \_\_\_\_\_  
loori katak in ājmuur kein?

### KWAŁOK KADKADŪM

Eta in: \_\_\_\_\_

Kwałok kadkad ko rōmman im nana ippam.

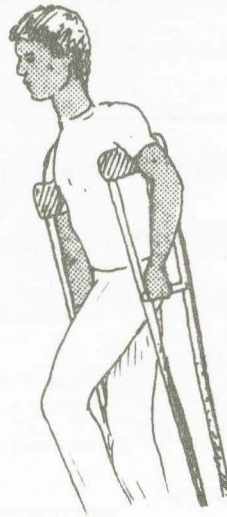
1. Nā imaroñ \_\_\_\_\_, ak ijjab maroñ \_\_\_\_\_
2. Emman aō \_\_\_\_\_, ak enana aō \_\_\_\_\_
3. Ikōṇaan \_\_\_\_\_, ak idike \_\_\_\_\_
4. Nē in kar \_\_\_\_\_, enaaj kar \_\_\_\_\_
5. Nē en kar nā \_\_\_\_\_, inaaj kar \_\_\_\_\_
6. Men ko mejlōkū kōmmani rej \_\_\_\_\_  
\_\_\_\_\_
7. Men ko enana ao kōmmani rej \_\_\_\_\_  
\_\_\_\_\_
8. Eor aō \_\_\_\_\_, ak ijjab \_\_\_\_\_
9. Unin aō \_\_\_\_\_, kōnke \_\_\_\_\_
10. Nē ij \_\_\_\_\_, emman aō \_\_\_\_\_
11. Elap aō \_\_\_\_\_, kōnke \_\_\_\_\_
12. Jet ien ij \_\_\_\_\_, elāne, \_\_\_\_\_  
\_\_\_\_\_
13. Men eo majlōkū ej \_\_\_\_\_, ilo ien rot ne nē  
ej \_\_\_\_\_

14. Eḷap aō \_\_\_\_\_, ñe ij \_\_\_\_\_
15. Ijjab \_\_\_\_\_, kōnke \_\_\_\_\_
16. Ikōnaa \_\_\_\_\_, ak ejjelok \_\_\_\_\_
- \_\_\_\_\_
17. Mōj in aō \_\_\_\_\_, inaa \_\_\_\_\_
- \_\_\_\_\_
18. Ilak iten \_\_\_\_\_, ña ij \_\_\_\_\_
- \_\_\_\_\_
19. Ñe eor aō \_\_\_\_\_, inaa \_\_\_\_\_
20. Ij lōmṇak enaa \_\_\_\_\_, ñe \_\_\_\_\_



## Bwebwenato in Polio

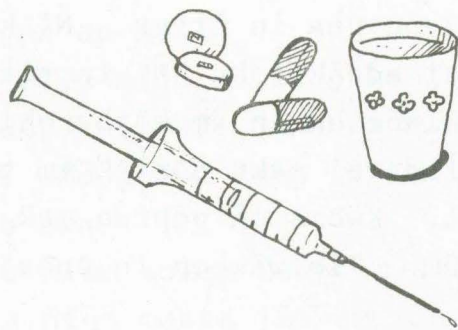
Kwojelā ke kar bwebwenato in POLIO eo? Juon ien ear lōn ajiri im jet ritto in Marshall raar bōk nañinmej in polio. Polio ej juon nañinmej eo enana ej waļok jān juon kain kij. Armej rein raar jorrāān raar jab bōk wā in polio mokta jān an mej eo waļok. Ālikin aer kar bōk polio eo, ear mej neir im mōttan ko jet ilo ānbwinier. Jet iaan ro raar bōk mej eo rej pād wōt ilo jea ko jej bwili. Jet iaer rej kōjerbal wōt jokon im kein etetal ko jet.



Ilo raan kein elōn ajiri emōj aer bōk wā in polio. Ajiri rein reban bar bōk naiñmej in polio. Ānbwinier eboojak nān an pōprae nañinmej in. Kwoj aikuuj in wā im pōprae nañinmej kein mokta jān aer iwoj nān ānbwinim. Kanooj in bar etale PEPA IN WĀ eo bwe en boojak wōt ānbwinim.

Lali piја kein ilo alen kein jet. Erkein nañinmej ko kwoj aikuuj in wā kaki. Ewi wāween an kij ko iwōj nān ānbwinim? Kwojelā eor ke eñ ej bōk nañinmej kein?

Kij kein remaron deloñe tok ānbwinid ilo jet wāween ko. Kij kein rej aikuuj in eddōk ilo ānbwinid. Ej aikuuj in bwe ien nān an kij kein eddōk im orlok ilo ānbwin. Bōjen, bōjen kij rej ippān doon im kōmman ad nañinmej. Elōn iaan kij kein ekkā wōt aer waļok ippān ajiri. Kij kein remaron kōjorrāān im mane elōn ajiri. Eñiin unin ad aikuuj in bōki wā ko rej pōprae nañinmej kein.



Jet uno rej liitoki kōn kein wā ko. Jet uno jej ilimi ilo batin ko. Uno kein rej liwōji ilo wā ak batin etair in VACCINE. Vaccine kein rej ejaake jet men (antibodies) ko rej manman kij. Juon kain kij eor juon an make wā. Ānbwinid enaaj ejaake antibodies ko rej jumae juon wōt kain kij. Āinwot ba, antibodies in polio renaaj jumae kij polio wōt im jab kij in measles ko.

Jet ien jej aikuji in bar āliji juon kain wā, ak vaccine. Waween in ej kōmman bwe en kajoor ļok men (antibodies) ko rej manman kij. Etan uno in, ak kain wā rot in ej BOOSTER.

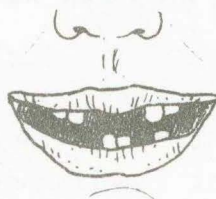
## KŌJBAROK NĪID

Ajiri jiddik eor juon pea in nīier. Nī kein rej teep elañe nī in ritto ko rej eddōk tok. Nī in ritto ko remaroñ pād towan wōt am mōur elañe emman am kōjbaroki. Elōñ armej rej lōmñak bwe nī ko nīid rej make mōrloḱ im teep. Lōmñak in ejjab juon men eo emool. Kwomaroñ pōprae mak elañe emman men ko kijōm im erre loñiūm. Ilo wāween in enaaj kanooj in etto an nī ko nīūm pād.

Kōjbarok nīid im nādīd ekanooj in lap tokjān. Kwoj aikuj nī ko rōkajoor im ājmuur nān am mei im iri mōñā ko kijōm. Nī ko rōmak im nād ko rōppōj rej waḷoḱ jān am jab kōjbarok nīūm. Men kein ruo rej waḷoḱ jān wōt an ettoon nīūm. Men kein remaroñ kōmman bwe en bar jorrāān mōttan ko jet ilo ānbwinim.

Bwe en ājmuur wōt nīūm im nādūm, jab mōñā men ko retōñal. Elañe elap am kōjērbal tōñal, āinwot loḷe im kooḷa, enaaj mōkaj an mak nīūm. Jab kammineneik eok mōñā ak idaak men ko retōñal. Ebar or jet un ko nān ad kōjbarok nīid. Lale elañe eor meḷeḷe in men kein nān eok:

1) Enana lale



2) Emetak



3) Teiñad





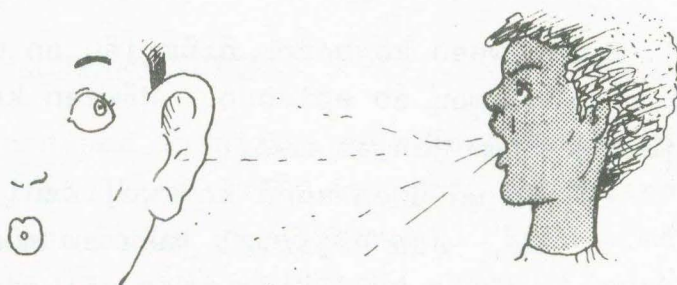
Ewi waween kōjbarok nīūm jān an mak? Kōjbarok nīūm jān mak ej juon men eo epidodo. Wāween kein ilal reṃaron kōjbarok nīūm jān an mak:

1. En un ūnen mōnā ko kwoj kaṃi im lōn mōnā jān loṃjet ie. Jab kōjerbal juka ak mōnā ko jet eḷap aer tōnal. Mōnā wōt leen wōjke im men ko reṃaroro ilo kōtaan awa.
2. Būraje nīūm aolep raan im ālikin ien mōnā otemṃej. Būraje nīūm mokta jān am ilān kiki im ālikin am ruj in jibboṃ. Būraj ej joḷok plaque ak jikin jokwe ko an bacteria ilo nīūm.
3. Wōdwōd bōb im mōnā kōnauwe rej jibaṃ karreoik nīūm. Bōb im kōnauwe rej barāinwot lewoj ūnen vitamin nan eok.
4. Etal bwe taktō in ni ro ren kakilen nīūm. En or ien am loḷok taktō rein bwe ren lale nīūm.

Armej in Marshall eor aer tōṃak ikijjen ni. Rej ba jen kalbwini nī ko jej kōteepi. Rej ba enaaj waḷok nī emman eḷaṃe jej kalbwin nī ko reṃor. Tōṃak in bōlen ejjab mool. Ijooke, eor bar jet tōṃak ko remool kōn nīid. Erkein jet iaan tōṃak ko remool:

1. Nī ko nīin nūnnūn rej naaj tūm wōt im wōtḷok.
2. Nī ko nīin ritto renaaj binej jikin nī ko nīin nūnnūn.
3. Nīin ritto ko rej nī ko nīūm āliktata.
4. Nīin ritto ko reṃaron pād towan wōt am ṃour. Kwoj aikuj in kōjbarok nī kein kiiō. Rejjab kar aikuj in ṃorḷok im tūm.
5. Kōjbarok nīin nūnnūn ko. Nī kein rej jibaṃ nīin ritto im kōmman jikin aer eddōk lōṃtak.

#### 4) Kōnnaan



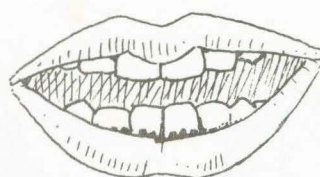
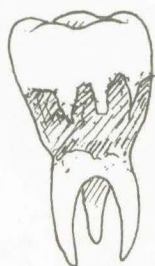
#### 5) Meeme



Kwonaanin ellolo ke n̄i mak? Kwojelā ke etke ej mak n̄iid? N̄iid rej mak kinke elōn kij (bacteria) ilowaan lōn̄iid. Kij kein reddik im ekanooj in lōn̄ iaer rej jokwe ilo lōn̄iid. Kij kein reddik n̄an ad maroñ in loi kōn mejād. Jej maroñ in loi koñ wōt microscope.

Kij kein rej bōk aer mour jān mōnā ko kwoj kañi. Juka ej mōnā eo im enno tata ippān kij kein. Kij kein emōkaj aer lōn̄ lōk elañe ej lōn̄ im enno kijeir. Juon kij ej ajeej n̄an ruo kij, im ruo kij rej ajeej n̄an emān kij. Ālikin wōt jet awa, enaaj wōr buki, buki nejin kij eo jinoin tata.

Kij kein relōn̄ rej pād ilo n̄ium. Rej make ejaake juon jikin aer jokwe ilo n̄i ko. Jikin jokwe in aer ettino im jeban loe kōn mejād. Etan jikin jokwe in PLAQUE. N̄i ko rōkōpa unokāir rej plaque men ko kwoj loi ie. Plaque ej men eo im ej jino kōmman mak ilo n̄iūm.





# Naan Ko Rellap:

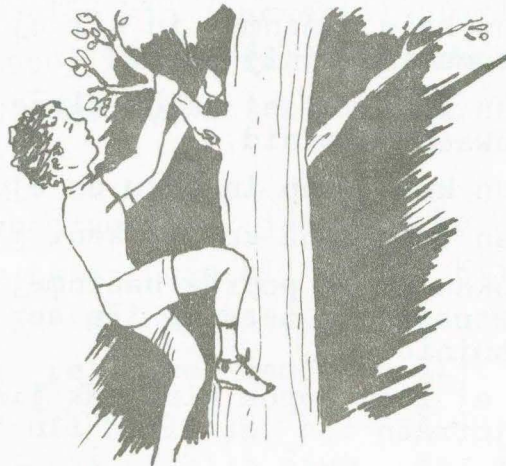
Anilen	--- Na ej deloñ kij im kōkkure kinej ko.
Ājmuur	--- Emman ad mour im ejjelok nañinmej.
ANDIBODIES	--- Etan men eo ej ejaak ilo ānbwin im mane lok juon kain kij in nañinmej.
BACTERIA	--- Etan kij ko reddik; jet rej komman nañinmej im jet remman.
Bia	--- Juon kain dān jej idaak im kadōke ñe elap ad idaak.
Binkō	--- Etan juon dān in kāāre mōnā eo ej kōmman bwe en bidodo di ko.
Bitbit	--- Kabit ānbwinid kōn binieb im biti ijoko rōmetak, ak eib di ko ie.
BOOSTER	--- Juon ālij in wā ñan pōprae ānbwinid jān an kij ko deloñ tok ie.
CALCIUM	--- Etan men eo ej ejaake diir, ñiid im wōd ko iloñjet. Etan òn eo jej bōke jān mōnā in loñjet ko.
Dekā	--- Juon kain nañinmej in kil ej eddōk elañe ej ettoon im kijkiñ kilid.
DIABETES	--- Etan juon mej ej waļok elañe elap jukwa ilowaan ānbwinid.
DIAL	--- Juon kain joop in tutu eo ej karreoik kilid.
DIET	--- Etan ūnen mōnā ko jej kañi ilo kajjojo raan.
DPT	--- Unokan wā in poprae nañinmej in diptheria, pertussis im tetanus jān aer deloñ ilo ānbwinid.
Ebbōj	--- Ñe ej ilām eppok kinej ak jikin ko jet rejorrāān ilo jet jikin ilo ānbwinid.
Eddōk	--- Ne ej jino waļok ak laplok jet kain nañinmej ilo ānbwin.
Emmed	--- Dān eo eialo im bōjbōj ilo mejen kinej ko ak bakke ko.
Ettapuk	--- Likiti men ko rōmaanaan ion jikin ko rōmetak ilo ānbwin.
FATS	--- Etan men ko rej kōmman kūrriij ilo ānbwinid.
GERMS	--- Etan aolepen kain kij ko rej kōmman nañinmej ñan ānbwinid.
IMMUNIZATION	-- Etan wā ko jej būki ñan ad pōprae jet kain nañinmej mokta jān an kij ko kōkkure kōj.
IRON	--- Juon kain ūnen mōnā jej bōk jān mōnā in loñjet ko.
IVORY	--- Etan kain joop eo emman ñan kwaļe koolan bōrad.
Jaat	--- Lajrak in jet men emōj kwaļoki ioon pepa.



## BWEBWENATO IN AJIRI RO JILU

Eñiin bwebwenato in Momo, Kanji im Mina. Ajiri rein rej pād ilo juon wōt jikuul. Kajjo iaan ajiri rein eor juon mantin an mour. Eor jilu kain manit in mour ajiri rein jimor rej kwalōki. Aolepen wāween manit kein jilu rej kwalok kadkad in aerjeel ājmuur. Riid im lale mōk kwomaron ke kūle kain manit kein jilu?

Momo ej rikkure eo ejelā tata ilo jikuul. Jān ke ear 13 iiō detan, ear wiini elōn ikkure ko ilo U.N. Day. Ej make wōt jelā bōtta ilo kumi in iakiu eo an jikuul. Momo ebar āinwot jelā aō. Ilo mool, e wōt iaan laddik emōj an aō kajju jān ar in Rita nan Delap. Ne ej tallōn ni, āin an tallōn wōt aop. Bōtab, men eo mejlōkin Momo ej ānwōd. Elap an riānwōd ro ilo jikin eo nōbar e.



Kanji ej juon laddik eo elmōnōnō. Aolepen ien jej loe, ej ettōn dikdik wōt. Elap an armej iokwe kōn mantin an mour. Ijoke, eor jet ajiri rej ejjōjōik e. Grade ko an ilo jikuul rekanooj in emman. Kanji ej juon iaan iuwaan ro ilo kien eo an jikuul eo. Ear president in koonjōl eo an kilaaj eo an jān ke ear kilaaj lalem. Ilo mool, e eo juon ear jino ejaake kien eo an rijikuul ilo jikuul eo an.



Mina ej juon laddik in jerbal. Ien otemjej ej kōmmāni jerbal ko ilo mweo imōn. Ej lale im kōjbarok ajiri ro jatin aolep raan. Ej jibañ jinen kōmmāni im kōmatti mōñā ko kijen rimweo. Mina ej bar mōttan ro iuwaan doluul eo an jōdikdik ilo bukwōn eo. Doluul in ej bōk eddo in kōkōmanman im kōlap lōk ājmuur eo an armej in bukwōn eo.

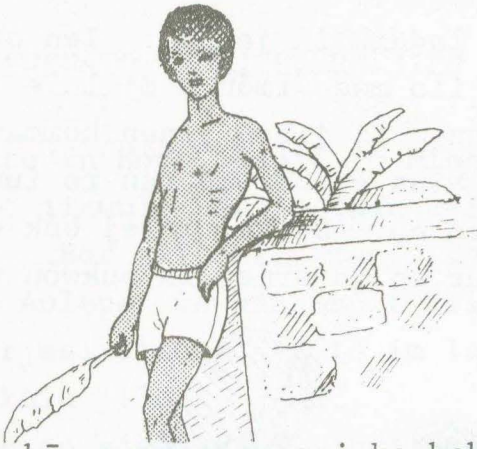


Kwojelā ke ta eo kadkad in ajiri rein jilu. Ta eo kadkad kein jilu ilōñ rej kwalōk kake erjeel? Aet, aolepen kadkad kein jilu ilōñ rej kakōllan ājmuur. Kwojelā kwoj lukkuun in ājmuur ke? Ājmuur im ineeman rej komman bwe ajiri ren lemōñōñō. Elañe emman am mour, enaaj emman am katak ilo jikuul. Lemōñōñō ej kakōllan ājmuur, kapeel ilo lōmñak, im erreō jōpaan ijoko jikid. Aolep ajiri rekōñaan bwe ren lemōñōñō ien otemjej. Men in elap tokjān ñan eok ilo am ritto lōk.

Bwe kwon lemōñōñō im emman ilōm, kwoj aikuuj in ājmuur. Kwoj lukkuun in lemōñōñō ke? Elōñ ajiri rej lōmñak remōñōñō. Ak kwaar jela ke, ke elōñ maj im kij ko reṃaroñ kōkkure eok? Maj kein jej ṇa etair PARASITES kinke rej jokwe ilo ānbwinin armej. Maj kein rej ṇen in mour jiddik. Elōñ iaer reṃaroñ kōmman jorrāān ñan ābwinim. Āinwot in, Reṃaroñ kōmman bwe kwon pokpok, ikkijeje, im metak lojeōm. Rebar ṃaroñ kōmman bwe en pidodo lojeōm im kadu menwōm. Kwoj kōñaan ke roñjake bwebwenato in juon laddik etan in Lani?

Lani ear juon rijikuul in kilaaj jiljilim juon. Ear kōñaan bwe en kar mōkaj im āinwōt Momo. Ijoke ear jaadin ikkijeje im kadu ṃenowan. Ebar āinwot lap an pokpok im aidik lōk. Ear ilōk ñan hospital im taktō eo ear jiroñ e ke eor maj ilojeen. Lani ear jab jelā ewi wāween an maj ko ilojeen kōkkure ārin. Kwojelā ke ewi wāween?



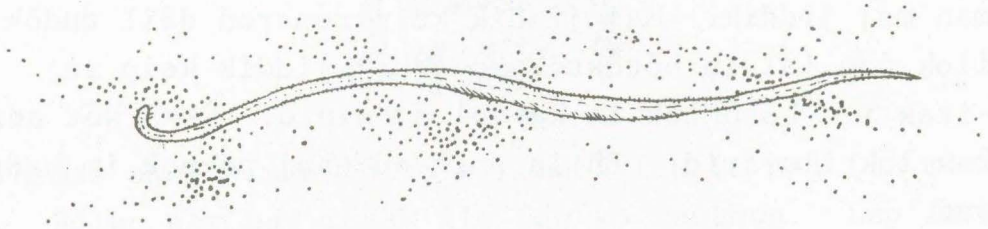


Bwe jen mejele kōn waween an maj ko kōkkure ārid, jej aiku j elā kin wāween aer mour. Ekanooj in lōn kain maj ko. Ijoke, enaanin aolepāir ej juon wōt wāween aer mour. Maj ko rellap lok, jemaron lo i ilo kibwe in armej ak menin mour. Maj ko ekkā ad lo i ilo kibwe ko rej ROUNDWORMS, TAPEWORMS, im THREADWORMS. HOOKWORMS im WHIPWORMS remaron pād ilowaan ānbwinid. Bōtaab, maj kein rōkadik iddik nān ad lo i ilo kibwe ko.

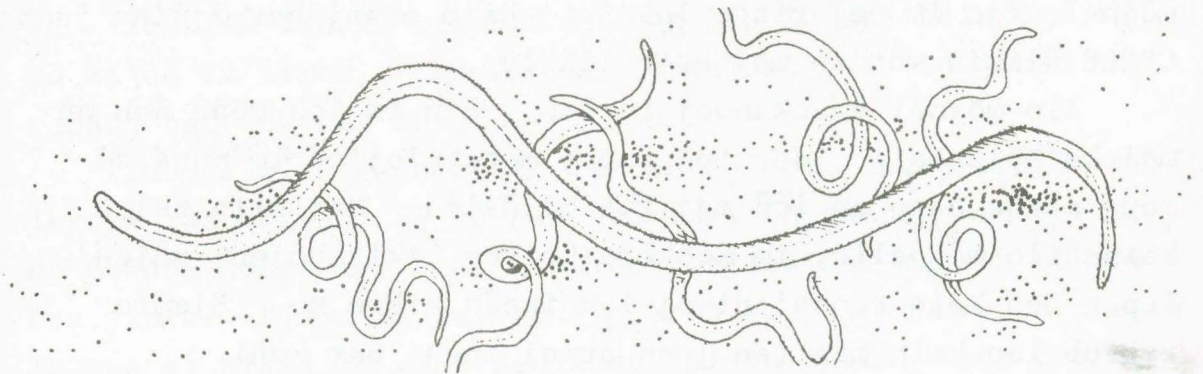


## MAJ DOLUUL

Maj kein redoluul etāir in ASCARIS. Eor tarrin 8 ñan 12 inij aetokāir. Unokāir emaron in piin ak mouj. Maj kein remaron in pād ippān elōn armej. Erkein maj ko im remaron kōkkure ārid. Kwojelā ke ewi wāween an armej bōki maj kein?

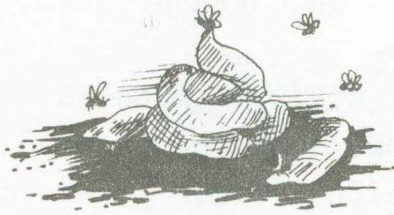


Kwomaron jab tōmak men in. Ak jabdewōt armej eo eor maj in ilojeen ear mōnā lep in maj kein. Eļāne jej jab karreoeo, lep in maj kein remaron ilōk jān kibwe in juon armej ñan loñiin bar juon armej. Ekōjak ke men in ilo am rōnjake? Ekwe mool otem mool men in, im etan wāween in jān-kibwe-ñan-loñi.



Kwojelā ke ewi wāween an armej kañi lep ko ilo kibwe ko? Ta eļap ūnen lep kein ke? Eļap ke proteins, minerals, im vitamins ilo lep kein?

Ekwe bōlen eļap ōn ilo lep in maj kein. Ak armej rein raar jab iten kañi lep kein. Armej rein raar jirillōk im kañi lep kein. Lep in maj kein rekanooj in iddik. Loñ ko remaron bōktok lep ko ñan mōnā ko kijōm. Armej ro remaj remaron letok maj ko eļāne rejjab kwal peier ālikin aer bijōk. Innām jabdewōt men ko renaaj jibwi enaaj wōr lep in maj ie.



Ne lep kein retōbar tok loojeōm, renaaj rubrub im kōmman maj jiddik. Maj jiddik kein remaroñ dāil tudōk eo im ilōk nān ial in bōtōktōk ko. Maj jiddik kein rej ito-itak ilo bōtōktōk im kapool ānbwinid. Ekkā wōt aer bōjrak loj ilo ārid. Eñiin unin ad naaj pokpok im kadu jān menwad.

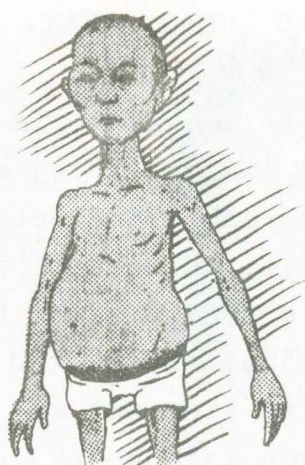
Ke rej dāil ārid, maj jiddik kein rej kilep loj. Elañe elap an lōn maj ilo ārid, enaaj lap loj ad pokpok. Men eo enana tata, maj kein rej kōmōjñoik ārid. Kōn men in, jenaaj PNEUMONIA im pokpok kōn bōtōktōk. Ilo ad pokpok, maj jiddik kein rej wanlōn tak nān kabin buruōd. Jān buruōd, jemaroñ bar orañloj maj jiddik kein, innām rebar itok nān lowaan tudōk. Ālik tata maj kein renaaj ilōk nān mōjñal, ijo im rej ritto loj ie. Kiiō enaaj bar ijino juon CYCLE ālikin wōt an maj kein lik lep.

Ilo mōjñal eo ekanooj in lap jikin im lōn mōñā nān an maj ko kōjerbali. Jet ien enaaj metak lojied im nana ad mour elañe elap an lōn maj ilo mōjñalid. Maj kein rej kaine ilo mōjñalid, im kookōra ko rej likit bōjen, bōjen lep. Lep kein renaaj diwōj loj ippān kibwe ko. Ejamin rubrub lep kein mae ien juon armej enaaj bar kañi.

Lale bwebwenato in kōn Thomas. Thomas ej juon ladik eo ejerata. Emōjño im kanooj in aidik ānbwinin. Thomas ej jiijōt bajjok wōt elañe ajiri ro mōttan rej ikkure im jermal.

Thomas enañinmej kinke elōn maj ilowaan lojeen. Maj kein rej pād ilowaan mōjñal eo an. Eñiin unin an kilep lojeen.





Thomas emaj kinke bōlen ear mōnā lep in maj ilo men ko kijen. Bōlen ear bar idaak ilo dān ko rettoon. Lep in maj ko rōkanooj in iddik. Ijoke lep jiddik kein rej rubrub im erom maj killep. Jet ien maj kein rej ilām 11 lok nān 12 inij aetokāir. Thomas ekkā an jab amwin pein mokta jān an mōnā im ālikin an bijōk. Lep in maj ko remaroñ kar pād wōt ipein ak emōnā. Thomas ej bōkat lok elōñ maj nē ej bijōk. Ej bijōk wōt ibulōn mar ko ak ejjab kōjerbal imōn bwidej ko. Enaaj lōñ lep in maj ilo aolepen jikin ko Thomas ej bijōk ie. Tokālik loñ ko remaroñ bōktok lep in maj kein nān men ko kijed im limed. Kōn men in, armej ro jet ilo jikin eo renaaj bar bōk mej in maj.

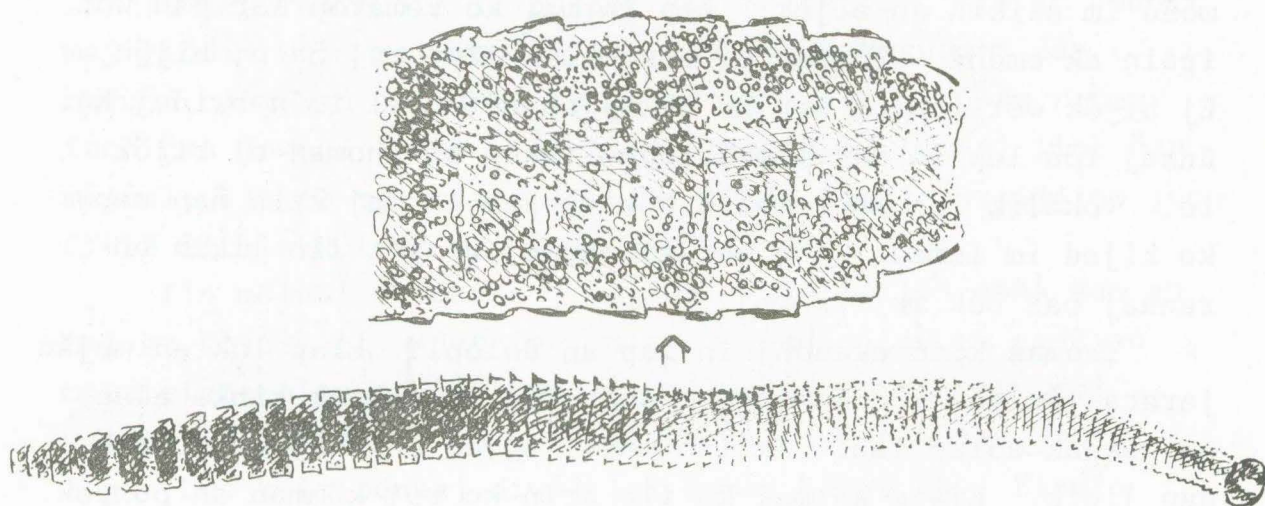
Thomas kiiō ekanooj in lap an dolool. Elap loj an mejān jerata jān mokta. Ej lōmñak ebōk mej in pokpok kinke elap an pokpok aolep ien. Ak ilo mool, ejjab bōk mej in pokpok nān jidik. Ejaje ke maj ko ilo ārin ko rej kōmman an pokpok. Thomas ej aikuj in etal nān hospital in ebbōk limen uno in maj. Thomas ejaje kōn ta naniñmej eo an. Unin an jaje kinke ej jab pād ilo kilaaj in ājmuur eo.

Bōlen eor armej elōñ maj ilo ānbwinier. Ijoke ejjab joñan aer nañinmej wōt Thomas. Bōtaab ejjab emman nē ej wōr maj ilo ānbwinid. Maj ko rej kōkkure im kōmōjñojik ānbwinid. Kōn an mōjñō wōt ānbwinid, eban maroñ jumae nañinmej ko jet elañe renaaj jelet kōj. Epidodo loj ad bōk nañinmej ko jet elañe ej wōr maj ilo ānbwinid.

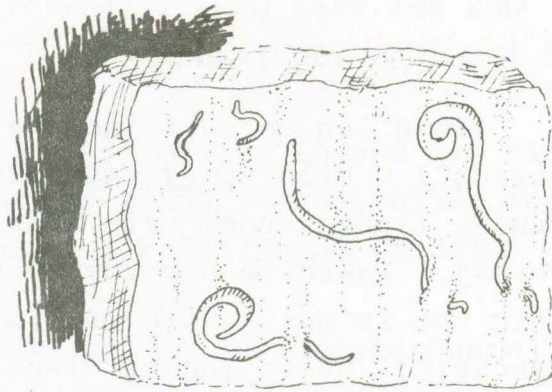
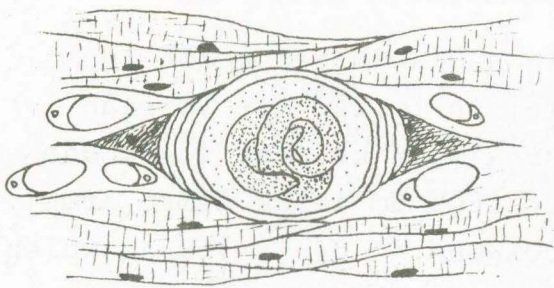


## MAJ DEBAK

Maj kein rōmāni im debakbak, im rej bar jokwe ilowaan lojied. Ilo mōjñalid, maj kein rej eddōk lōk im kanooj in aetok. Emaroñ in wōr jet METERS aetokāir. Mōttan ko reddik, moij im māni jej loi ilo kibwe ko rej itok jān maj kein. Juon TAPEWORM elōñ mōttan ak bukwōn in. Jet iaan bukwōn kein remaroñ tōbal tok ilokad im pād ilo nuknuk ko ad. Mōttan kein rejjab āier wōt maj. Ne jej loi āier wōt jukwea jiddik. Remaroñ kaiook lōk jabddwōt jikin ilo aer tōbalbal.



Armej rej bōk maj kein jān kanniōk in piik ak bar kanniok ko jet im ejjab let kōmatti. Jet ien maj kein rej kōmman metak ilowaan lojied im kōmman ad abñōñō. Mej eo enana tata ej walōk elane CYSTS ko, ak nien maj jiddik ko, rej tōbar lōk kōmālij eo an juon armej. Men in ej walōk elañe lep in maj ko renaaj itok jān kibwe ko nān loñiid. Jabdewōt eo eor kain maj in ippān ej aikuuj in kanooj kōjbarok. Ej aikuuj in karreoik e make im ilōk ippān taktō ro ilo ien eo emōkaj tata.



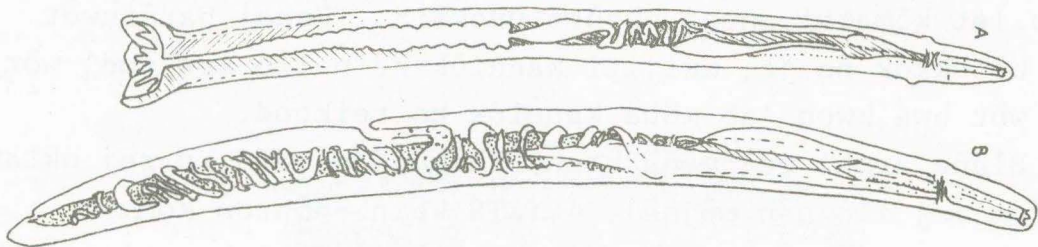
Ilo kilen pōprae maj in, mōktata jej aikuḡ in lale bwe en let ad kōmatti piik ko kijed. Lale bwe en ejjelok jidik jikin en ej aḡej wōt ilo kanniōk ko jej kaḡi. Kanniōk ko ejjab let kōmatti enaaj būrōrō unokāir. Enaaj barāinwōt toor bōtōktōk ḡe jej mwijiti kanniōk kein ilo aer aḡej wōt. Lale wōt bwe kwon jab mōḡā kanniōk ko reikood.

Elaḡe arḡej rej mōḡā kanniōk ikood, CYSTS ko rej oktak im erom maj ilowaan mōḡnāl. CYSTS kein reḡaroḡ kōmman metak bar ak ḡake man juon arḡej. Lep in maj ko rej itok ḡan loḡiid jān kibwe ko renaaj oktak ḡan CYSTS ilowwan kōmālij eo ad. Wāween in ekkā an waḡok elaḡe jej jab karreoeo ilo ḡour eo ad.

Ewi wāween an maj kein ilok ḡan ānbwinin piik ko? Ekwe, mōktata piik ko rej kaḡi kibwe ko eor lep in maj ie. Lep in maj kein piik ko rej kaḡi renaaj oktak ḡan CYSTS. CYSTS kein rej ḡen ko nien maj jiddik ko. ḡen kein renaaj pād im jokwe ilo kanniōk in piik eo. Elaḡe jenaaj mōḡā jān kanniōk in piik in, jenaaj naḡinḡej jāne. Eḡiin wāween ad bōk naḡinḡej in jān kanniōk in piik ko jej kaḡi.



Juon ien ear wōr juon mej in HOOKWORM ilo aelōn in Marshall. Elōn armej raar bōk mej in im lap aer jorrān jāne. Ijooke armej rein raar bar ājmuur ke raar idaak uno in maj. Taktō in America ro raar itok im lelōk liḡen armej rein uno in maj. Kiiō mej in HOOKWORM in ejeja lōk an walōk. Ijooke, ej bōlen lōn wōt lep in maj in ilo aelōn kein. Lep kein remaroḡ in mour ilo bwidej iḡmwin elōn iiō. Ekkōḡak wōt joodi bwe maj kein ren jab dāil neōm im delōn ilo ānbwinim.



HOOKWORMS ko rej ḡenin mour jiddik. Eor tarrin juon CENTIMETER aetokāir. Maj kein rebūrōrō unokāir ḡe jej loi ilo kein lale kij ko. Jej jab ḡaroḡ in loi maj kein ilo kibwe ko. Taktō ro wōt remaroḡ ellolo maj eḡaḡe rej kakileni kibwe ko eor maj ie.

Kwojeḡā ke ewi wāween an maj kein ḡaroḡ iwōj ḡan ānbwinim? Ekwe, eor jet wāween ko maj kein rej ilōk jān armej ḡan armej ie. Erkein jet iaan wāween ko:

- 1) Maj jiddik ko rej dāil neōm im delōn eḡaḡe ejjelōk am juuj. Eḡaroḡ ḡōḡejḡej jikin eo maj kein raar delōn ie ilo neōm.
- 2) Maj kein rej etal ilo ial in bōtōktōk im tōbar ārim ālikin wōt jet raan. Kwōḡaroḡ pokpok eḡaḡe maj kein rej tōbar wōj ārim.
- 3) Ilo am pokpok maj jiddik kein renaaj iwōj ḡan kabin buruōm. Tokālik kwonaaj bar oraḡlōk maj jiddik kein.
- 4) Ālikin jet raan enaaj bidodo loḡeōm im metak bōram. Maj jiddik kein rej jino eddōk im ritto lōk ilowaan loḡeōm.



5) Maj kein rej kiiō lōlō im jokwe ilowaan lojeōm.  
Elañe elap an lōn iuwair renaaj kōmōjñoik eok kōn  
aer jerom bōtōktōkim. Innām kwonaaj bōk nañinmej in  
ANEMIA.

6) Lep in maj kein renaaj diwōj lōk jān lojeōm ilo kibwe  
ko. Lep kein renaaj ruprup elañe kwonaaj bijōk ioon  
melaaj. Remaroñ dāil neen bar jet armej im delōn lōk  
ilo ānbwinier.

Nañinmej in maj ej juon iaan mej ko rekauōtata nān ajiri.  
Jabdewōt eo emōjño im dik bōtōktōk in emaroñ in wōr maj  
ippañ. Rej aikuuj in bōklōk kibweier bwe taktō ro ren lali.  
Kōjbarok bwe kwon jab jorrāān jān maj kein renana. Maj kein  
rej kōmman bwe armej ren jowan im emmōkmōk. Maj kein rej  
jerom bōtōktōkim im kōmman bwe en mouj im u kilim.

Elañe kwoj pād ilo aelōñ ko ilikin, kanooj in kōjbarok  
eok. Kōjjelā nān taktō ro elañe kwoj kile ke eor maj ippam.  
Maj kein reban kōkkure eok elañe emōkaj an taktō ro loi.  
Ejjelōk kein kabbok maj ilo ailiñ ko ilikin. Majuro im  
Ebeye wōt eor kein kabbok maj ie.

ETAN PARASITE EO	EJ BĀD IA IPPĀD	WĀWEEN AD BŌKE	WĀWEEN PŌPRAE
MAJ DEBAK	1	JĀN LEP KO ILO KIBWE KO	2 KANDOU KŌMATTI KANNIŌK KO KI JED
3	ILO KANNIŌKID	4	
KARKO	ILO JIKIN KO RENOKJŌK IM BIDODO	5	6
7	8	NE EJ ETTOON KOOL IN BORAD IM JEJ KIKI ITURIN BAR JET	KARREOIK KOOLAN BŌRAD IM JOLOK KIJ KO KŌN ŪNO
KIITO	9	10	KARREOIK KILID IM JAB EKKŌNAK IPPĀN RO REBŌK NANINMEJ IN KIITO

## HOOKWORM INFECTION

A. Kwaḷok ewi wāween an hookworms ko maroñ in koḱkure eok.

1. Etan juon nañinmej ej waḷok jān hookworms.  
\_\_\_\_\_

2. Etan menin mour ko rej kōmmāne nañinmej in?  
\_\_\_\_\_

3. Ia eo menin mour kein rej jokwe ie? \_\_\_\_\_  
\_\_\_\_\_

4. Ewi wāween an menin mour kein itok jān ijo rej jokwe ie? \_\_\_\_\_

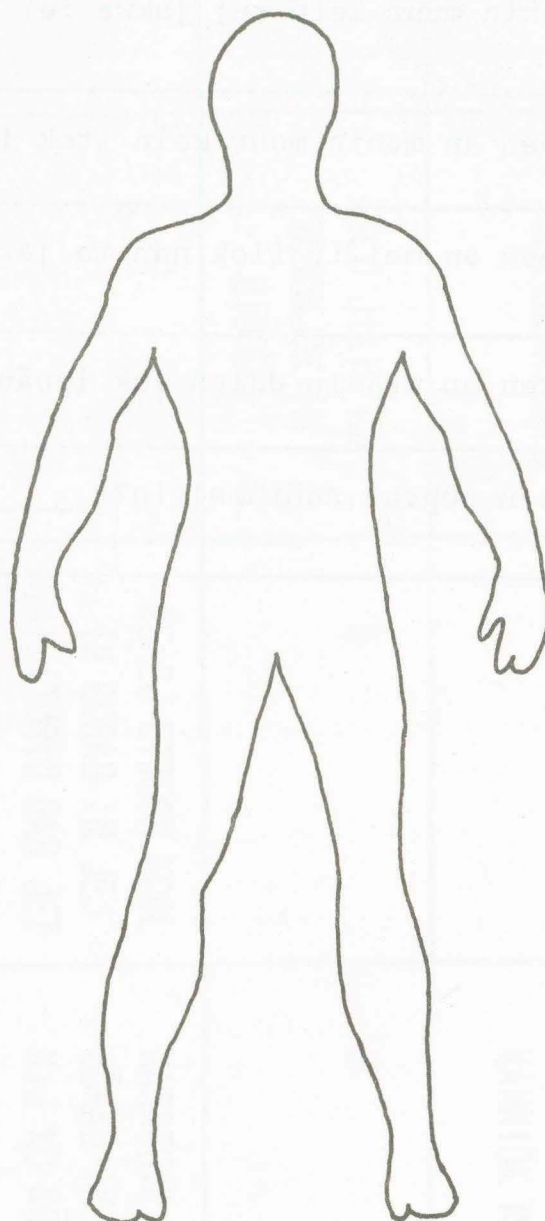
5. Ewi wāween an mej in ilok ñan ro jet? \_\_\_\_\_  
\_\_\_\_\_

6. Ewi wāween an mej in deloñ lok ippān ro jet?  
\_\_\_\_\_

7. Ewi wāween pōprae nañinmej in? \_\_\_\_\_  
\_\_\_\_\_



B. Kwałok wāween an nañinmej in jelet mōttan ko jet  
ilowaan ānbwinid.



## CLOZE TEST

Riiti bwebwenato in. Bukōti naan ko rejako im jei na ioon  
lain ko. Kanne aolep ,lain kōn naan ko rejimwe.

### BWEBWENATO IN THOMAS

Eñiin bwebwenato in Thomas. \_\_\_\_\_ ekanooj in  
aidik im mōjño, \_\_\_\_\_. Thomas ej kakkije wōt ñe  
\_\_\_\_\_ ro jeran rej ikkure im \_\_\_\_\_ iaar.  
Thomas enañinmej kōnke eor maj \_\_\_\_\_ lojien. Maj  
kein rej jokwe \_\_\_\_\_ mōjnāl eo an. Eñiin unin  
\_\_\_\_\_ kilep wōt lojien.

Thomas emaj \_\_\_\_\_ ear bōlen mōñā lep in \_\_\_\_\_  
ilo men ko kijen. Bōlen \_\_\_\_\_ bar idaak ilo dān ko  
\_\_\_\_\_. Lep in maj ko rōkanooj \_\_\_\_\_ iddik.  
Lep jiddik kein renaaj \_\_\_\_\_ im erom maj killep.  
Jet \_\_\_\_\_ maj kein rej 11 lōk \_\_\_\_\_ 12 inij  
aetokāir. Thomas ekōn jab \_\_\_\_\_ pein mokta jān an  
mōñā \_\_\_\_\_ ālikin an pād ilo imōn \_\_\_\_\_ ko.  
Maj kein remaroñ kar \_\_\_\_\_ ilo pein.

Thomas ej bōkat lōk elōñ \_\_\_\_\_ in maj ñe ej  
bijōk. \_\_\_\_\_ ien ej bijōk wōt ilo \_\_\_\_\_ ko im  
jab kōjerbal imōn \_\_\_\_\_ ko. Ilo wāween in elōñ  
\_\_\_\_\_ renaaj jok ilo kibwe eo \_\_\_\_\_ bōktok lep  
in maj ko \_\_\_\_\_ men ko kijed. Innām elōñ \_\_\_\_\_  
renaaj bar bōk mej in \_\_\_\_\_ eo.



Thomas kiiō ekanooj in \_\_\_\_\_. Ej lōmṇak ebōk  
mej in \_\_\_\_\_ elap an pokpok. Ak ejjab \_\_\_\_\_  
mej in ṇan jidik. Maj \_\_\_\_\_ ilowaan ānbwinin ko rej  
kōmman \_\_\_\_\_ en pokpok. Thomas ej aikuṇ \_\_\_\_\_  
in kabbok uno in maj \_\_\_\_\_ ilo imōn taktō eo. Thomas  
\_\_\_\_\_ jelā men in kōnke ejjab \_\_\_\_\_ ilo kilaaj  
in ājmuur eo. \_\_\_\_\_ Thomas.

## MAJ IN KANNIÖK

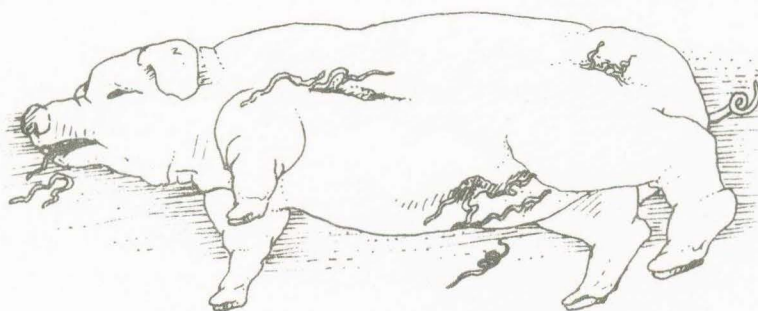
Maj kein reddik im jeban loi ilo kibwe ko. Maj kein āin ad bōki wōt bar TAPEWORM ko. Maj kein jej bōki jān kanniök ko ejjab let ad kōmatti. Maj kein rej dāil mōjñalid im item, jokwe ilo kanniökid. Kanniök in piik im kanniök ko jet emaroñ wōr kain maj in ie. Kōn men in, jej aikuj bwe en let ad kōmatti kanniök ko kijed.

Kwomaroñ jab eñjaake am nañinmej jān maj kein. Jet ien kwomaroñ in dōlool im mej jān maj kein. Joñan jorrāān in kanniök eo kwoj kañe enaaj kwalok joñan am dōlool. Kwomaroñ abñōñō ak bidodo lojeom jān wōt maj kein. Maj kein remaroñ jelet eok iomwin wōt jet awa. Jet ien rej kōkkure eok 5 raan ālikin am kar orañi lok.

Elañe elap an dōlool, armej eo emaroñ in wōjaki men kein rej laajrak ijiin ilal:

- 1) piba ak bwil im piō
- 2) metak ānbwin
- 3) ebbōj turin mejān ak ebbōj neen
- 4) bbōj dikdik kilin
- 5) būrōrō lowaan mouj eo imejān

Elañe elōñ armej rej nañinmej jān kanniök in juon wōt piik, ealikkar rebök mej in TRICHINOSIS. Mej in elap an kauatata im armej ro rej aikuj ilok in taktō. Jab likit kōttar ak mōkaj lok ñan imōn taktō eo.



Kwomaroñ pōprae nañinmej in ñe kwoj mōñā wōt kanniōk ko elet kōmatti. Lale bwe en let am kōmatti kanniōk ko mokta jān am kañi. Elōñ jorrāān ko kwomaroñ pōprae elañe kwoj mōñā wōt kanniōk ko remat.

Elōñ armej rekōñaan kanniōk ko rej jaadin amej. Kanniōk kein renno im lap aer iuwi. Bōtaab, kōjbarok wōt. Jet kanniōk jej jab jelā kōn joñan aer emman. Kōn men in jej aikuj in kanooj kōmatti. Enno loḥ kanniōk ko remat jān ad nañinmej im ēntaan ilo imōn taktō eo.



## MAJ AIDDIK

Maj kein rekanooj in iddik. Āin jōkjōkier wōt tōreej ñe jej loi. Maj kein remouj im eor tarrin juon CENTIMETER aetokāir. Rej lik lep iturin pid eo an rinañinmej eo. Maj kein ekkā wōt aer walok ilokan ajiri jiddik ro. Maj kein rej kōmman ad mōnejnej, im elap tata ilo boñ. Ñe jej kwekwe, lep ko rej loorak iomwin akkiin peid. Lep kein remaron ilok ñan mōnā ko, ak men ko jet jej jibwi. Ilo wāween in renaaj delon ilo loñiin ajiri eo, ak loñiin ro jet. Eñiin wāween an kij kein ilok jān armej ñan armej.

Jemaron pōprae kij kein ñe jej kwaļe peid ālikin ad bijōk im mokta jān ad mōnā. Ebar emman ñe jej tutu ālikin ad pād ilo imon bwidej ko. Ñe ej kadu akkiin peid maj kein reban loorak im pād ie. Etal ippān taktō ro elañe eor maj kein ippam.

Karreoeo ej wāween eo emman tata ñan pōprae maj kein. Uno ko remaron julok maj kein. Ijoke jej maron wōt bar bōki maj kein ñe jej jab karreoik kōj make. Maj kein rej mour iomwin wōt jiljino wiik. Karreo wōt im kwoj jamin aikuj in idaak unokan maj ko.

## ILŌK LŌŌJE

Ameba ej jab maj. Men kein rej menin mour jiddik ko rej mour ilowaan ānbwinid. Menin mour kein rekanooj in iddik. Jej jab maron in loi kōn mejād make. Ilo imōn taktō eo rej kōjērbal MICROSCOPE im lale kij kein. Kij kein rej pād ilo kibwe in armej ro renaāninmej. Taktō ro rej naetan kij kein PARASITES. PARASITE ej etan jet kain menin mour ko rej jokwe ilo ānbwinin bar jet menin mour. Jet ien elōn armej remaron jorrāān jān kain kij rot in.

Elōn iaan kij kein rej pād ilo kibwe in rinaāninmej ro. Kij kein rej ito-itak ilo men ko im jikin ko rettoon. Kij kein remaron in pād ilo dān ko limed im mōnā ko kijed. Ne jej idaak im mōnā men kein, kij kein renaaj delon tok ilowaan ānbwinid. Armej rej bōki naāninmej ko eļane rej mōnā ak idaak men ko rej jab erreō. Eñiin wāween ad bōk mej in ameba.

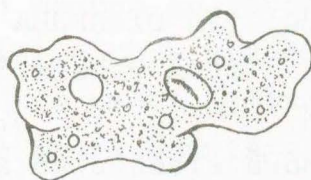
Ne jej bōk mej in ameba, ekkā wōt ad eñjaaki men kein ilo ānbwinid. Erkein men ko rej walok:

- 1) bidodo illok jako an bidodo lojied
- 2) kankan majol in lojied
- 3) eñjaake ad ibbi-jōkjōk
- 4) bidodo kibweid im lōn emmed ie
- 5) eor mōttan bōtōktōk ilo kibweid
- 6) mōjno im emmōkmōk ānbwinid

AMEBA ak BACTERIA remaron kōmman bwe en wōr bōtōktōk ilo kibweid. Ijooke, bidodo in bacteria eidiñ lok an ijjino. Bidodo in ameba arumij lok ad eñjaake.

Ameba emaron kakkure mōttan ko relap ilo ānbwinid. Remaron kōmman bwe ren ebbōj im wōr emmed ie. Remaron kōmman metak ilo jikin ko jet ilowaan lojied. Metak kein emaron in lap ad eñtaan jāni.





Juon armej ebidodo lojien elañe eddān kibwein. Kain bidodo in ej walok jān kij in AMEBA. Eļañe emmed im bōtōktōk rej walok ilo kibwe eo, ekwe armej eo ebōk mej in DYSENTARY. Mej in bidodo eo emaroñ in mōjño ak kajoor. Emaroñ in idiñ im eddo an itok. Jet ien emaroñ pād iomwin elōñ raan. Mej in bidodo kein ruo rekanooj in kauwōtata ilo ailiñ kein. Rej kōnañinmej elōñ ajiri ilo ailiñ in Marshall.

Jemaroñ unoki nañinmej in bidodo ko. Ijoke eļap lok tokjān pōprae nañinmej kein. Uñ in ūnen mōñā, kōjerbal imōn bwidej, im karreoeo rej wāween pōprae ko jilu remman tata. Juon ajiri eo euñ ūnen kijen ejeja an bidodo lojien. Men in emool kōnke ajiri eo enno kijen im kajoor ānbwinin. Eļap tokjān kōjerbal imōn bwidej ko kinke loñ ko reban leto-letak nañinmej eo. Karreoik imōn jikuul ko ak mōko imōd ej pōprae an walok nañinmej in bidodo. Kememej im kwal peim ālikin am bijōk im mokta jān am mōñā. Jab kōjerbal bulōn mar ko ñan jikin bijōk.



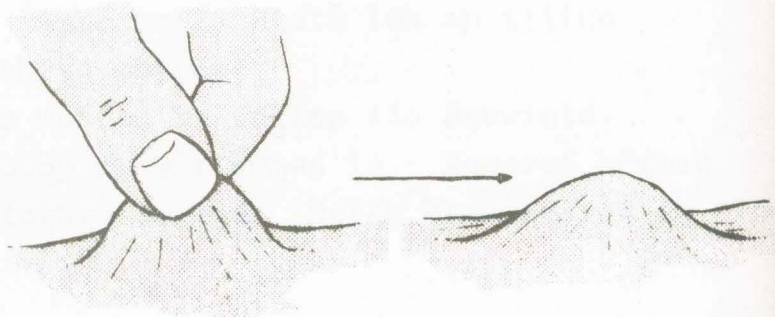
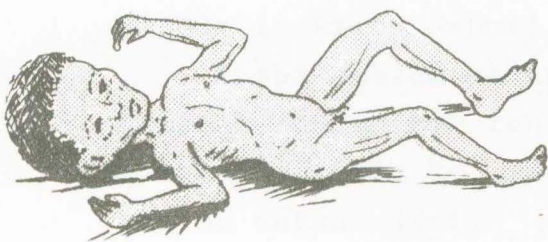
## MŌRĀ ĀNBWIN

Armej reṃaron in ṃej jān DIARRHEA ak ilōk loje eḷāne ejabwe dān ilo ānbwinid. Etan waween in ṇe ej ilem mōrā ānbwinid ej DEHYDRATION.

Ānbwinid ej ilām mōrā eḷāne eḷap an diwoj lōk dān jān an delōn tok. Wāween in ej walōk ṇe ej ilōk lojied im ḷap ad emmōj lōk wōt. Ṅen in ej bar ṃaron walōk ṇe juon armej ej dōlool im jab maron mōnā ak idaak. Jabdewōt armej eṃaron in mōrā ānbwinier. Ijoke elap lōk an kauatata ṇe ej mōrā ānbwinin ajiri ro. Jabdewōt ajiri eo eddān kibwein eṃaron in mōrā ānbwinin im jorrāan.

Ta kakōḷḷe ko rej kwolōk ke emōrā ānbwinid? Ewi waween ad pōprae ak kōjbarok armej eo emōrā ānbwinin? Erkein jet iaan kākolḷe ko:

- ejjelōk ak edik dān in an raut; dān in raut eo eddo an ialo
- eidiñ an ṃera lōk ānbwinin ak jako an eddo
- emōrā loḡñiin im tien
- ekuṇōk im ejjelōk dān in ṃejen
- eotlōk jikin eo epidodo ioon lat in bōran
- ejako an mōkulkul im kankan kilin ānbwinin



Elañe elap an dōlool im mōrā ānbwinin armej eo, kakōlle kein ruo remaron walok ippān:

- iur im mōjño an menono eo jerbal
- ikkutkut im mūlal an bōk kituōn

Wāween pōprae im kōmadmōde nañinmej in mōrā ānbwin:

1. Juon armej eo emōrā ānbwinin ej aikuj in idaak elap dān in:

- ni
- aeboj
- juup
- leen wōjke ak mōnā ke jet

2. Juon armej eo ebidodo lojien ej aikuj in idaak REHYDRATION DRINK eo ilo ien eo emōkaj tata.

3. Armej eo emōrā ānbwinin ej jab jokwōd an idaak jabdewōt iaan dān kein rej walok ilōñ.

DĀN IN IDAAK EO (REHYDRATION DRINK) NĀN PŌPRAE AN MŌRĀ ĀNBWINID

Ilo juon liter		2 tablespoon		$\frac{1}{4}$ teaspoon
in dān bwil	likit	jukwa ak jōkaro	im	in joḡl

im

$\frac{1}{4}$  teaspoon  
bicarbonate  
of soda.

Juon  
Liter

Ne ejjelok  
bicarbonate  
of soda, ko-  
jerbal bar  $\frac{1}{4}$   
teaspoon in  
joḡl.

Ne ewōr, kwomaron kōjerbal dān in oran ak laim ilo dān in idaak eo.

Lelōk dān in idaak eo ālikin lalem minit otemjaj. Etal wōt im lelōk dān in idaak eo raan im boñ mae ien armej eo ejino raut. Armej killep ro renaaj aikuji jilu ak eloñ lōk kilaaj in dān in juon raan. Juon ajiri eo edik enaaj aikuji juon liter in dān in juon raan.

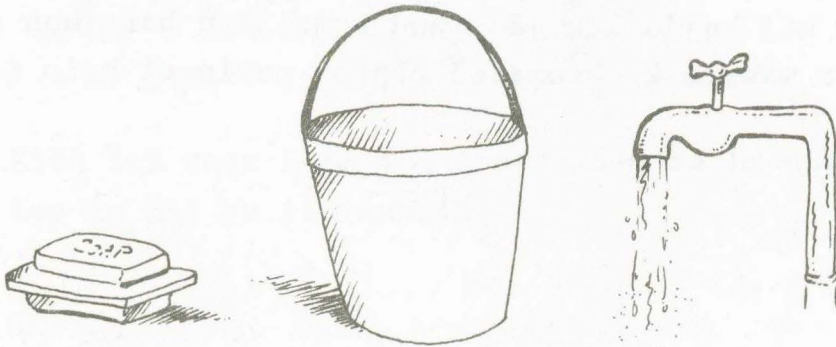
Idaak wōt dān in (REHYDRATION DRINK) jidik, jidik ilo juon ien. Jab jolōk am idaak meñe kwōj emmōj lōk wōt. Elañe kwōj jab eñjake am emman lōk, ekwe mōkaj im ilōk ñan imōn taktō eo. Jab likit kōttar bwe nañinmej in elap an kauatata. Ej aikuji in bwe jonān dān eo ilo ānbwinim ilo ien otemjej. Idaak wōt bwe en bwe jonān dān ilo ānbwinim.



## WĀWEEN PŌPRAE NAÑINMEJ

Jān jinoin bok in maantak, jekar konono kōn elōñ kain nañinmej im kij ko kijier. Ak kwojelā ke, aolep armej remaroñ jooor jān elōñ iaan nañinmej kein? Eor jet men ko jemaroñ kōmmāni im pōprae nañinmej kein. Pōprae nañinmej ej juon men eo ekanooj in lap tokjān. Elañe aolep armej rej pōprae nañinmej kein, jemaroñ kabōjraki mokta jān aer kōkkure kōj.

Eor ruo wāween ko remman nān ad pōprae nañinmej ko. Men eo moktata, jej aikuj in kōjbarok ānbwinid make. Men eo kein karuo, bwe jen mani im julōki kij in nañinmej ko.



Wāween in moktata ej an juon armej make eddo, im ej kitbuuj men kein rej lajrak ijiin:

- 1) En ūn ūnen mōñā ko kijōm aolep ien. Juon armej ej aikuj in mōñā jidik jān kajjojo kain mōñā ko jilu. Lale jaat in mōñā eo im bukōt kain mōñā ko jilu ie.
- 2) Karreoik im kōjbarok ānbwinim make. Juon armej ej aikuj in kōjbal imōn bwidej ko. Kwoj aikuj kwaļe peim mokta jān am mōñā im ālikin am bijōk. Jab bijōk ilik im iaar ak ilo meļaaaj ko jet.
- 3) En bwe ien am ikkure im kakkije. Ilo raan, kwōn ikkure im kōmmāni jermal ko am ak an baamle eo am. Kwōn kiki in joota im ruj ñe ej jibboñ im kōmmāne jet men imweo imōm.

4) Jab kajjeōn kōn jet men ko kwoj jab mool kaki.

Āinwōt in, kwoj jab aiku<sup>j</sup> kajjeōn mōnā men ko kwojelā ke raar lo<sup>j</sup>lo<sup>j</sup>. Jab kajjeōn mōnā ek ko kwojelā ke ek in kadōk.

Wāween eo kein karuo ej kōn pōprae kij in nañinmej ko jān aer letok nañinmej nan kōj. Ilo wāween in ekooba men kein:

1) Kōjbarok ājmuur eo an ao<sup>j</sup>lep ro ilo jukjuk in pād eo. Kōjerbal wōt imōn bwidej ko rekwo<sup>j</sup> jān lo<sup>j</sup>. Aini kobej ko im julōki ilo jikin jōkbej ko wōt.

2) Karreoik nien dān ko im lale bwe lo<sup>j</sup> im kijdik ko ren jab ilōk nani. Jab ejjolōk kobej iturin aebōj ko ao<sup>j</sup>lep armej rej kōjerbali. Kōjerbal wōt dān ko rerreo nan kōmman mōnā, idaak im tutu.

Bwebwenato in ilōn ej juon waanjo<sup>n</sup>ok emman. Ej kwalōk wāween an kij kajju lōk jān juon armej nan bar juon armej. Eor ke jet wāween ko kwomaro<sup>n</sup> pōprae nañinmej kein ie?

## KARREOEO

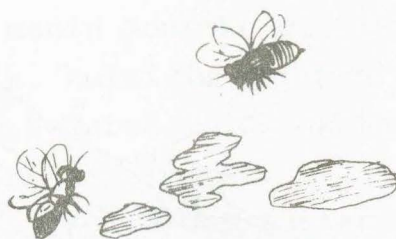
Kareoeo ej juon men eo ekanooj in lap tokjān. Kwomaroñ pōprae elōñ kain nañinmej kōn karreoeo wōt-tem-mōj. Elōñ jorrāān remaroñ walok jān ad jab karreoeo. Jelā karreoeo elap tokjān nan ad maroñ pōprae elōñ nañinmej.

Elōñ ien piik, kidu, kijdik im loñ ko rej leto-letak nañinmej in looje ak lep in maj ko āinwōt in:

- 1) Juon laddik epidodo im lōñ maj iloojien ear bijōk iturin mweo imōn.



- 2) Elōñ loñ raar ilām jok ioon kibwe eo im eddāb kij im lep in maj ko ilo ānbwinier.



- 3) Loñ ko raar kelok nan mweo juon niñniñ im jinen rej pād ie.





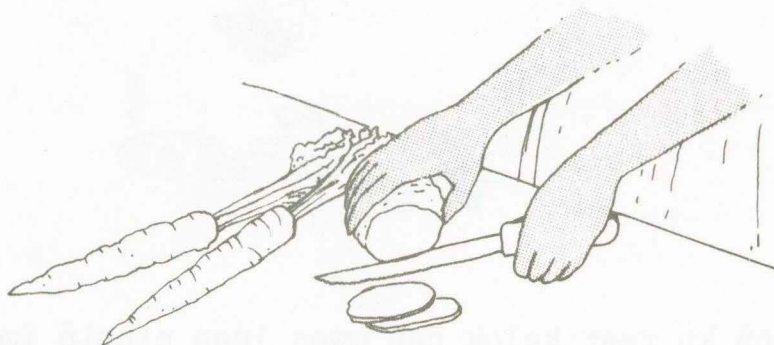
- 4) Loñ ko raar jok ippān niñniñ eo im bato eo an ej ikkure kake.



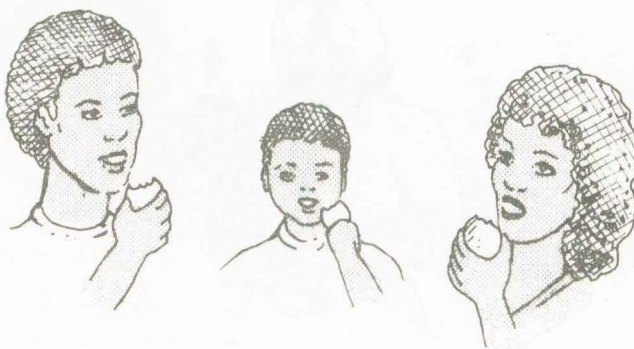
- 5) Ke niñniñ eo ej jān, jinen ear bōke im kōjajaiki.



- 6) Innām jinen ear kōmman mōnā ak emeloklok in kwale pein.



- 7) Tokālik rimweo raar item kōjoota im kañi mōnā ko.



8) Ālikin aer mōnā, ear kijkiĵ im bidodo loĵĵien aolepān rimweo.



Jān am lali men kein ilōn, kwonaaj jelā ta eo tokjān karreoeo. Elaņe kwoj jab karreoeo, elōn jorrāān kwomaron in iooni. Kwoj aikuĵ in kōjbarok bwe men otemĵej ibelaakim ren erreo wōt. Karreo ej wāween pōprae nañinmeĵ eo emman tata. Jet kein waanjoņok ilal:

- 1) Kōjerbal imōn bwideĵ ien otemĵej. Kij ko reban diwojlok jān lowaan imōn bwideĵ ko.
- 2) Kwale peim ien otemĵej ālikin am bijōk im mokta jan am kōmmāni ak kaņi mōnā ko.
- 3) Jab kaddeloņ menin mour ilowaan moko. Menin mour kein remaron lewoj nañinmeĵ nān eok.
- 4) Mani im julōki menin mour ko rej leto-letak nañinmeĵ. Nam, loņ, kijdik, kulul im bar men in mour ko jet. Menin mour kein remaron letok nañinmeĵ nān kōj ne rej epaake jikin jokwe ko ad.
- 5) Ekkal imōn bwideĵ ko rekwōn turier im kōjerbali. Kōmman meĵān nien dān ko im kalbubuik kein mōnā ko. Kōjbarok jikin mōnā ko bwe menin mour ko ren jab deloņ tok ie.



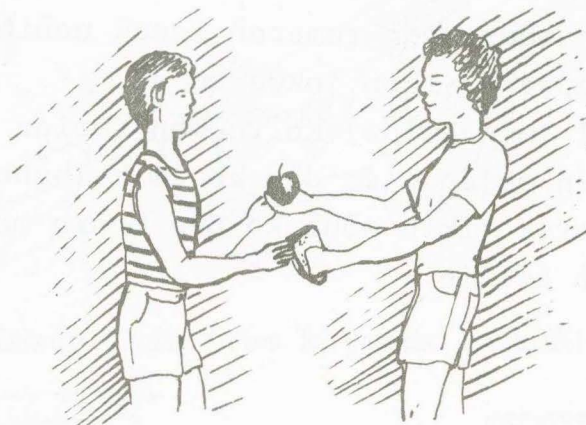


Karreoeo ej wāween eo emman tata nān pōprae elōn kain nañinmej ko. Elōn de kain nañinmej emōj am jelā kaki. Jet iaan nañinmej kein remaron pād iloḷḷjeōm, kilūm, ārum, mejam, im bar jikin ko jet. Ilo jikin ājmuur eo rej naetan karreoeo HYGIENE. Erreo eo an juon jukjuk in pād etan in SANITATION. Men kein ruo, HYGIENE im SANITATION, rej wāween pōprae nañinmej eo emman tata.

Āinwot am jelā, men kein ruo remaron leto-letak nañinmej elañe jej jab kōjbaroki. Kibwe in rinañinmej ro rej leto-letak kij ko im maj ko. Kij im maj kein remaron ilok nān loñiin riājmuur ro. Kij im maj kein remaron pād ilo addiid ak mōnā im dān ko rekijkij.

Kij ko im maj ko remaron kajju tok nān ānbwinin juon armej. Juon in bwebwenato in ruo laddik. Lale mōk ewi wāween an kar kij ko kajju lok jān Lejab nān ladik eo jeran?

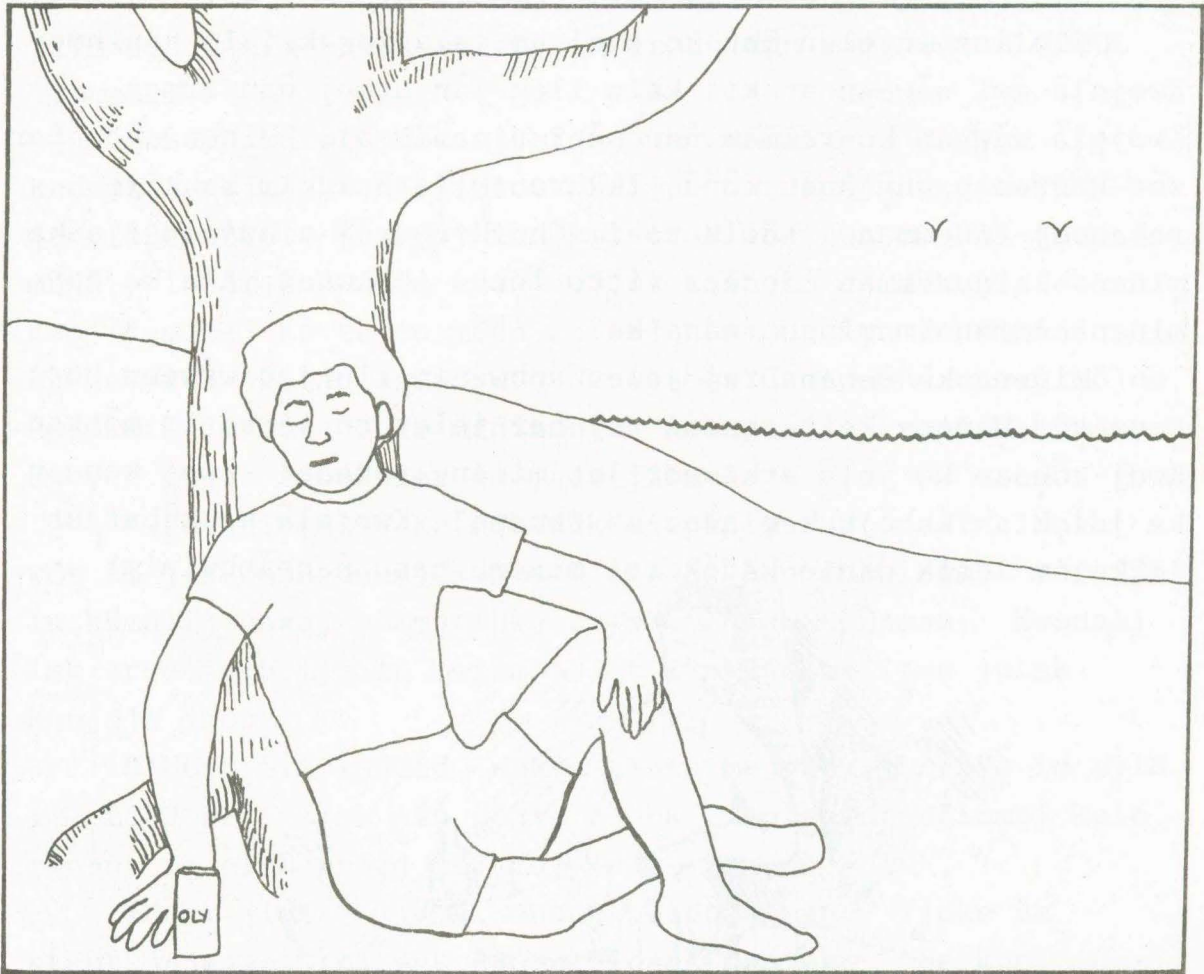
"Lejab eor kij in nañinmej ilowaan loḷḷjien. Ear meloklok in kwale pein ālikin an kar kōppojak imōn bwidej eo. Ke ej diwōj jān mweo imōn, ear ebbōk mōnā ippān. Ilo ial eo an lok ear ioon ladik eo jeran, Rino. Lejab ear lelōk jidik kijen Rino mōnā eo ippān. Pein Lejab ej kijkij wōt ke ej lelōk mōnā eo. Jet iaan kij ko raar pād ilo mōnā eo ej lelōk nān ladik eo jeran. Ke Rino ej kañe mōnā eo ear orañi lok aolepen kij ko.



Kiiō Rino ebōk kij in nañinmej ko. Ejjab etto im enaaj bōk mej eo an Lejab. Jinen enaaj lōmḡak Lejab enañinmej kōn an mōnā tōnal. Ak, ejjab. Unin an nañinmej kinke ear kañi kij ko ilo mōnā eo. Mōnā eo ear bōke jān ladik eo jeran eobrak kōn kij. Kij kein raar ilok jān addi in Lejab nān mōnā eo kijeirro. Ke Rino ear kañe mōnā eo, kij ko raar ilok nān loḷḷjien."



EITA LADIK IN?



Je juon bwebwenato kōn ladi in ilo pija in ilōn.

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Ilo ien in elōn men ko emōj am jelā kōn kij in nañinmej. Kwojelā ewi wāween an kij kein ilōk jān armej nan armej. Kwojelā wāween ko remman nan pōprae nañinmej. Minene ko āier wōt karreoeo, uñ ūnen mōnā, ikkure ak jermal, im kakkije rekanooj in emman. Ladik ro im ledik ro rej aikuj in ejaake minene kein remman ilo aer ritto lōk. Ak kwaar jelā ke eor minene emman im minene nana ke?

Minene ko renana rej jelet ānbwinim ilo jet wāween ko renana. Minene kein renana rej bar jelet ro jerad im mōttad. Kwoj kōnaan ke jelā etke eor jet minene renana? Kwoj kōnaan ke julōk ak kabōjrak minene ko renana? Kwojelā ke kōbataat jikka im idak dānin kadōk rej minene nana nan ānbwinim?



Ilo Majuro im Ebeye elōn jikin rej wia kake jikka im dānin kadok ie. Elōn armej rej wia dānin kadōk ilo ien PICNIC im PARTY. Armej in Maajōl rekōn jab kōjermal dānin kadōk ilo ien aer mōnōnō. Rekōn mōnā im idak, ak al im eb wōt ilo ien aer kōjab ippān doon. Eñiin unin an ritto ro ad kōn kajoor im ājmuur wōt.

Jet armej rej idak dānin kadōk nan kamnōnōik er make. Ijoke, dānin kadōk emarōn kōmman jorrāan nan ro rej kōjerbale. Ilo bwebwenato, armej rekōn kōjermal dānin kadōk jān wōt ien ko etto. Armej rekōn kōjermal dān kein ilo aer jaje kaaki. Kiio emōj an SCIENTISTS ran kamoole ke dānin kadōk ej kokkure ānbwinin armej.

Kwojelā ke ta in dānin kadōk? Ilo aolep dānin kadōk eor ALCOHOL ie. ALCOHOL ej men eo ej kōmman bwe armej ren kadōk. ALCOHOL ej juon kain dān eo ejjelōk unokan. Ekanooj in kajoor bwiin im nemān dān in. ALCOHOL ej juon DRUG im emarōn kokkure kōmālij im nōōb ko an armej. Aolep DRUGS rej kammineneik kōj bwe jen itok wōt in kōjerbali. Ro rej kōjerbali, renaaj anūri



men kein im āinwōt jikka. Aolep rikadōk ej nana aer mōur elāne ej maat limeir dānin kadōk. Bia, wain, wōjke, rōm, pootka, im jiin rej dānin kadōk aolep. Aolepān dān kein eor ALCOHOL ilowaaair.

Aolep dañin kadōk ejjelōk ūnen mōñā ie. Rejjab kaddōk im ejaanke ānbwinid. Rejjab bar keājmuur im kōka-joor ānbwinid. Ñe kwoj kadōk, eitok wōt bwe en dik am mōñā. Innām ānbwinim enaaj ejjelōk ōn ko ej aikuji ie. Kwoj kememej ke ta eo mōñā ko rej kōmmāne ñan ānbwinid? Eñ-ne, ioñ-ne, aolepān ñe. Ñe ejabwe ūnen mōñā enaaj mōjño ānbwinim im bidodo am nañinmej. Aolep ajiri rejjab kōñaan bwe en mōjño ānbwinier ilo aer jikuul.

Kwonaañin ello ke rikadōk ejepāp aer etetal? Idaak wōt im jab mōñā enaaj kōmman jorrāān ñan ānbwinim. Jorrāān in kōmālij enaaj kōmman bwe en ablolo am kōnnaan. Kwonaaj lak erre, eib iju in mejam. Jet ien kwolak iten jutak kwojaje joor.

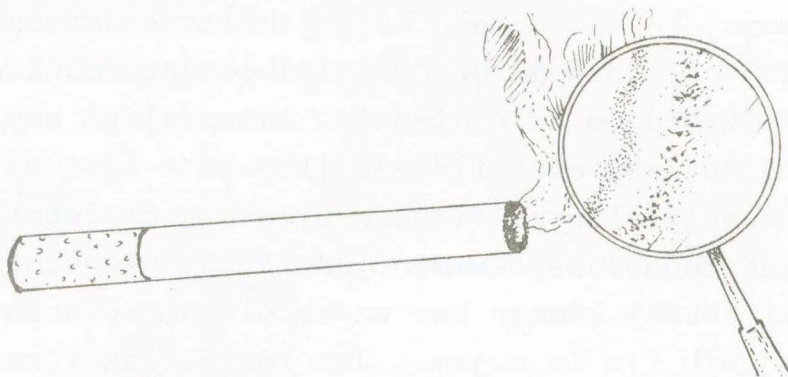
CANCER ilo loñiid, nañinmej in menono, jorrāān in ajid, im ULCER rej walōk jān dānin kadōk. Aolepen nañinmej kein renana im elōñ armej rej mej jāni.

Idaak jidik, jidik, enaaj bōlen emman. Ijoke ñe ekkutkut enaaj tel eok ñan am idaak ñan ban. Ñe kwoj idaak ñan ban enaaj urur paip im mej kōmālij ne am.



## KOBAATAT

Kwonaanin kōbaatat ke? Lōmṣak in kōbaatat ak jab kōbaatat ej am wōt pepe. Elōñ arṃej rej kōbaatat kōnko raar jaje ke jikka ej kōkkure ānbwin. Jet kein ṃen kwoj aikuj jelā kaaki mokta jān am kōbaatat. Moktata, kwojelā ke ta ṃen ko rej pād ilo juon jikka? Kwojelā ke ta ko rej walōk ñe kwoj koobe juon jikka?



Ñe kwoj tile juon jikka enaaj bwil im baatat. Baat eo ej walōk ej kāāre in jet GASSES im jet ṃen jiddik. Ilo GASSES kein im ṃen jiddik kein eor CARBON MONOXIDE, ak juon kain ṃen epaijin. ṃen jiddik ko ilo baat eor TAR im NICOTINE ie. NICOTINE ej juon ṃen eo ej kōkkure an ṃenono eo ad pam bōtōktōk. TAR ko rej jet ṃen ko rej kōmāād ārid im jikin ko jet ṃejatoto ej itok ie tok. Ñe emāād jikin kein, enaaj kanooj in ettoon lowaan ānbwinid.

Laddik im leddik rej aikuj in jelā kōn jikka mokta jān aer kōbaatat. Kōbaatat ej kōkkure ānbwinim im mour eo am. Kōn ṃen in, elañe kwojelā kōn nana in jikka, kwoban bōlen kōbaatat. Elōñ wāween ko jikka ej kōkkure ājmuur eo ad ie. Baj keidi mok melele kein ilal im lale ñe eor ṃen en kwokar jaje kaake?

- 1) Kōbaatat ej kōmman CANCER ilo tiōm im ārum. Ñe elap am kōbaatat, enaaj ekkā lōk am boki mej kein ruo. Elōñ arṃej emōj aer ṃej jān nañinṃej in CANCER.
- 2) Kōbaatat ej kōmmāne elōñ kain nañinṃej ñan ārum. Kain nañinṃej kein jej na etair BRONCHITIS im EMPHYSEMA. Nañinṃej kein reṃaroñ man eok elañe kwoj bōk ṃej in orlok.

- 3) Kōbaatat eṃaroñ kōmman ULCERS ak ebbōj ilowaan lōojiem. ULCERS ko rej kōmman bwe en bwil am ulik, ak bwilṃeleoñ.
- 4) Kōbataat eṃaroñ kōkkure menono eo am im kōmman am HEART ATTACK ak HEART STROKE. Mej kein ruo ekanooj in lap aer kauōtata im idiñ aer walōk ñan armej.
- 5) Kūraae ro rejjab aikuj in kōbaatat. Niñniñ ro nejin kōrā ro rej kōbaatat eban emman aer eddōk im ritto lōk.
- 6) Jikka elap wōñāān, im kōbaatat ej kōkkure mani ko am waan. Mani ko kwoj julōk ñan jikka reṃaroñ wiaik elōñ mōñā im mweiuk ko jet nan kwe im beamle eo am.
- 7) Rikōbaatat rej 70% alen aer mej mōkaj jān ro rejjab kōbaatat. Juon wid in jikka ej kōkadu lōk raan in mour ko am im kōmman bwe kwon mej mōkaj.

Kiin ne, etke kwōn baj kōbaatat wot? Kwoj lōmṃnak ke kōn ṃen kein jej konono kaki ijiin. Ñe emōkaj am kar jino kōbaatat, enaaj mōkaj lōk am bōki nañinṃej kein. Ajiri rot ne ej jino kōbaatat emōkaj lōk aer mej jān ajiri ro rejjab kōbaatat. Ñe kwoj jino kōbaata kiiō, enaaj jako tarrin jimettan in raan in kar mour ko am. En kar jibuki iio in am mour, ak kōn wōt am kar kōbaatat, enaaj lemṃoul wōt iiō in am mour. Kwoj tōmak ke?

Ilo raan kein elōñ ritto rej lōmṃnak in jolōk aer kōbaatat. Emōj de aer iioni jorrāān kein rej walōk jān jikka. Armej rein raar kōbaatat wōt jān etto. Armej raar jab jelā ke jikka ej kōkkure ānbwinier. Kiiō, emōj an SCIENTISTS ran kamoole ke jikka enana ñan ānbwinid.





Jikka ej ejaake juon kain imminene eo enana. Ñe jej imminene in kōbaatat, enaaj kanooj in ben ad kōbōjrake. Elōñ armej kio rejelā ke jikka enana ñan ānbwinier. Bōtaab ilo aer iten jolok jikka, ekanooj in ben aer kōmmene. Kōn men in, emman bwe kwōn jab jino am kōbaatat. Kwoj ellolo ke rikōbaatat rot ñe elap aer pokpok? Kwoj kōñaan ke bwe en mār im ettoon ñiūm? Eñe JAAB, ekwe JAB KōBAATAT.



Ilo lal kan rellap, raar lōmñak bwe kōbaatat ej juon kain wāween mōur emman. Bōtaab taktō ro emōj aer loe ke elōñ men ko renana rej walok jān jikka. Kiio elōñ jikin ko emōj kabōjrak kōbaatat ie. Aolep pakij in jikka emōj jeje ie ke JIKKA ENANA ÑAN ĀJMUUR EO AM. Kio ñe, kwoj kōbataat ke?



Ke ej mōj jikuul, Arre ear rool ālik tata ñan mweo imōn. Ajiri ro jein raar emmōkaj lōk wōt imaan. Ke ej deļōñ lōk imweo imōn, Arre ear loe juon ile in tonaaj. Ke ej reito-reitak ejjelok tonaaj en ear loe. Eor wōt jet kobej im kein mōñā rettoon ear loi.

"Rōmaat, Arre," lādik eo jein ear ba. "Iaar kōmaate tonaaj eo ālik tata."

"Kar lālem wōt tonaaj eo," jinen Arre ear ikkir tok. "Kōttar wōt men kā ij kōmatti. Tonaaj ko kar ālik tata ko imōn iōk en. Ajiri ro jet raar kajjo wōt kijen, ak bōlen Pita ekañ ruo. Kwon ja wōdwōd bōb kañe im kōttar aō kōmat."



Arre ekar jaadin inepata. Ekadik lap an enno tonaaj ippān. Dedeē ken, eļap en enno tonaaj in imōn iōk eo.

Bōtaab, tokālik Arre ear jab aikuļ in inepata. Ālikin wōt jet raan, aolepān ajiri ro jein Arre raar nañinmej. Raar bōk nañinmej in HEPATITIS. HEPATITIS ej juon mej kapopo. Mej in ej kōkkure aj in armej. Aolepen ajiri ro jein raar bōk nañinmej in. Arre wōt ear jab bōk mej eo.

Juon armej eo ej bōk mej in ekkā wōt an mōjño im ikkijeje. Kūlin rinañinmej eo ej oktak im iaļo unookan. Ekōñaan bar bwil im metak bōrad ñe jej bōk nañinmej in. Jet ien jej mōlañlōñ im itok wōt in emmōj. Mej rot in

emaron̄ kòkkure ar̄mej iomwin 6 l̄ok n̄an 10 wiik. Jej maron̄ wōt in bar ājmuur j̄an mej in. Ijooke, ekkadik to ad kōṇaan ājmuur l̄ok.

Ālikin jet raan juon taktō ear itok j̄an Public Health. Lein ear iten bukōt ewi wāween an kar walok nañinmej eo. Taktō in ear itok n̄an jikin eo Arre ej jokwe ie. Ear itok ālikin an taktō ro jet ijo loe 35 ar̄mej rejjorrān j̄an nañinmej in HEPATITIS. Ar̄mej rein raar bōk nañinmej in ilo juon wōt ien.

Taktō in ear etale mej eo ilo juon wāween an detective ro jermal. Jermal eo an elaptata ear bukōt kilen an kar nañinmej eo ajedeed. Elaṇe emōkaj an jermal, ekwe enaaj mōkaj an pōprae mej eo.

HEPATITIS ej walok elāṇe jej mōṇā ak idaak men ko eor kij in nañinmej in ie. Taktō in ear loe ke dān in idaak ko ilo jikin eo rerreo im ejjelok kij ie. Kin men in taktō eo ear jelā ke ejjab dān men eo ear kwalok nañinmej eo. Ear lōmnake ke bōlen mōṇā men eo ear kwalok nañinmej eo.

Taktō in ear ilok n̄an aolepan mōko eor rinañinmej ie. Ear kajitkin ar̄mej rō ia eo ekkā aer wia ie. Ear kajjitōk ia eo ar̄mej ro rej mōṇā ie elāṇe rej jako j̄an mōko imweir. Ear je juon lajrak in jikin ko ar̄mej rein rej wia kijeir ie. Innām ear ilok n̄an jikin wia kein aolep. Ear kajitkin rijermal ro elāṇe eor iaer enaanin kar bōke nañinmej in HEPATITIS.

Taktō in ear loe ke Laji ear bōk mej in HEPATITIS ruo allōn mokta l̄ok. Laji ej jermal ilo imōn iōk tonaaj eo. E eo ej iōk im kōmatti tonaaj ko. Elōn ar̄mej rej ilām wia tonaaj ippān Laji.

Tonaaj ko ejjelok kij ej pād ie ālikin aer kōmat. Bwil in kiriiy eo ej tile kij kein ṇe tonaaj ko rej kōmat. Ijoke kij ko remaron̄ ilok n̄an tonaaj ko ālikin ad jibwi kōn peid.

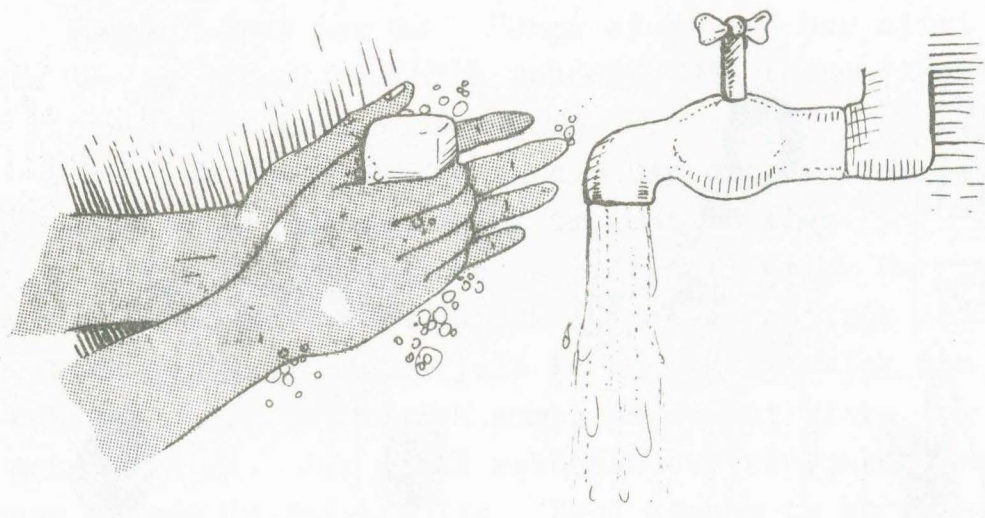
Laji ej jibwi im ileeki tonaaj ko aolep ien. Ilo an jibwi im ileeki, kij ko rej ilok j̄an pein n̄an tonaaj ko. Jet ien ej jibwi ile ko im karreoiki kōn pein. Jet ien



Laji ejjab amwini pein ālikin an pād ilo imōn bwidej ko. Ilo aolepen wāween kein tonaaj ko remaroñ kijekij ippān Laji.

Tokālik taktō eo ear etal wōt im kakilen aolepen rinañinmej ro. Im ear loe ke aolepāir raar mōñā tonaaj in imōn iōk eo Laji ej jermal ie. Aolepāir raar mōñā tonaaj ko Laji ear iōki. Kōn men in, armej rein raar bōke nañinmej eo an Laji.

Taktō eo ear loe ke jet ien Laji ejjab amwini pein mokta jān an iōki tonaaj ko. Jet ien ej meloklok in kwale pein ālikin an pād ilo imōn bwidej ko. Kōn men in kij in nañinmej ko raar ilok jān pein nan tonaaj ko ej wia kaki. Kij ko raar barāinwōt eddōk ilo ile ko ej kōjembali.



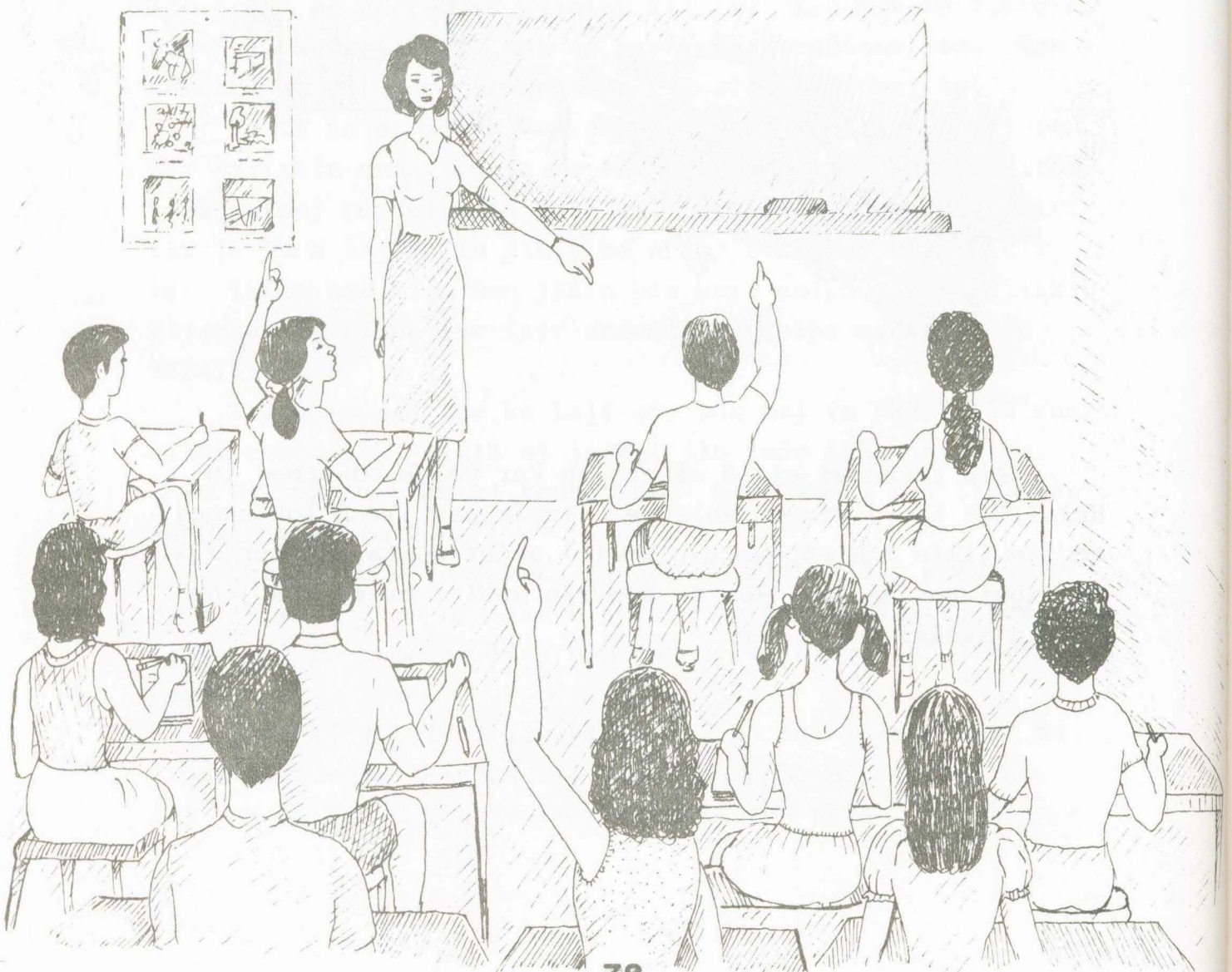
Kiō taktō eo ejaļā wāween an kar waļok nañinmej in HEPATITIS ilo jikin eo an Arre. Innām ear jiron lōk armej ro ilo jikin iōk eo bwe ren amwini peier mokta jān aer iōki im jibwi tonaaj ko. Ear ba bwe ren anwini peier kōn joop im dān mānāan aolep ien.



Taktō eo ear bar kauweik Laji bwe en karreoik men ko ej ileeki tonaaj ko kaki. Ear ba Laji en karreoik jikin iōk eo an im aolepān kein iōk ko ej kōjerbali. Ilo waween kein, kij ko reban ilōk nān tonaaj ko armej ro rej wiaiki.

Tokālik Public Health ear kanooj in waje jikin iōk eo an Laji. Im jān ien eo nān kiio, ejjañin bar walōk mej in HEPATITIS ilo jikin eo an Arre. Armej ro ilo jikin eo kiiō elap aer karreoeo im ejjelōk nañinmej ej walōk ilo jikin eo aer.

Ekwe, enaaj bar āindein jikin eo kwoj jokwe ie elañe armej ro ie rej karreo ien otemjej. Kememej bwe kij in nañinmej emman aer mour ilo jikin ko rettoon. Elañe enaaj erreō wōt ijo jikūm, kwe im ro mōttam kom ban bōk elōñ kain nañinmej ko. Men eo eaorōk tata in, KARREO.





"Ta ami lōmṇak ñe enaaj oktak jōkjōk in ānbwinimi?" rikaki in ājṇuur eo ear kajjitōk.

"Emman," Kimi ear ba. "Wōn ej kōṇaan bwe en dik im ajiri ien otemṇej? Ñe iritto, ejjelōk eṇ enaaj jiroñ eō ta eo in kōmmāne."

"Enaaj ḷap an kamōṇōṇō. Inaaj kabbok aō jerbal im wiaiki aolepān ṇen ko ikōṇaan," Beta ear ba.

"Ij jab kanooj in jēḷa," Andik ear ba. "Ñe iritto ḷok inaaj anemkwōj aolep ien. Iban aikuj in kajjitōk aolep ṇen ippān jinō im jema."

Maria ear ba, "Enaaj kanooj in kamōṇōṇō bwe ejjelōk jeiū im jatū ajiri. Ñe iritto inaj ṇake lale baamle eo aō im ajiri ro nejū."

"Emman," Joni ear ba. "Jema ej ba ear bar ajiri mokta jān an jikuul ilo high school. Mōj in an jikuul, ear ritto ḷok im eromṇ juon emmaan."

Betak ear kōnnaan ālik tata. Ear ba, "Ij jab jēḷa, kōnke elōñ ajiri rej ritto ḷok im nana mwilier."

Kwonañin baj lōmṇake ke ta ko renaaj waḷok ñe kworitto ḷok? Eor ta am lōmṇak ikijjeen kajjitōk in?

Elōñ rijikuul rejjab jēḷa ta ko renaaj waḷok ṇan er tokālik. Jet rej lōmṇak emman ñe renaaj ritto ḷok im ṇake peek er. Jet ajiri rekōṇaan bwe ren ṇake kōmmāni kōṇaan ko aer ñe reritto ḷok. Kwoj lōmṇak ta ko renaaj waḷok ṇan eok tokālik. Ta ko kwonaaj kōmmāni eḷaṇe kwonaaj ritto im eromṇ juon jiroñ ak likao?

Jet ien jej jab jēḷa ta ko jenaaj kōmmāni. Āinwōt an ajiri rein ilo kilaaj in ājṇuur eo ba. Bōlen eor jet ajiri rejaab kōṇaan ritto ḷok im bōk ṇour ko an ritto. Jet rijikuul rejaje ta oktak ko renaaj waḷok ilo ānbwinier ilo aer ritto ḷok. Kwojēḷa ke ta jet iaan oktak ko renaaj waḷok ṇan eok im ro jet mōttam?

Ilo tōre in ke ej jōnoul jima iiō dettam, elōñ ṇen ko rej oktak ilo ānbwinim. Ilo ien in ḷaddik rej eromṇ emmaan, im leddik rej eromṇ kōrā. Ien eo emōkaj tata an



oktak ānbwinim ie in. Etan tōre in oktak kein rej waļok ie ej ADOLESCENCE ak PUBERTY. Ilo am ritto ļok elōñ im ļap tokjān oktak ko rej waļok ilo ānbwinim. Kwoj kememej ke pijaiūm ke kwaar dik im ajiri wōt? Eor ta wāween ko emōj an oktak anbwiniem ie kiiō?

Mokta jān am kar kattiin, ear mōkaj an oktak ānbwinim. Ear mōkaj am aetok ļok im eddo ļok ānbwinim. Ebar lōñ oktak ko renaaj waļok nān eok mokta jān am erom juon ritto. Ilo ien in, eor HORMONES in emmaan ak kōrā rej jino waļok ilowaan ānbwinim. Men kein rej ilok ilo ial in bōtōktōk eo nān aolepān ānbwimin. HORMONES kein rej jet kain dān rej waļok jān GLANDS ko. GLANDS kein rej kōmmāni dān kein im kōtoori ilo bōtōktōkid.

Kwojeļā ke ewi wāween an kajjojo ajiri eddōk? Ekwe, ejjeļok ajiri āin aer eddōk wōt juon. Kajjo ajiri eor wāween an ritto ļok im eddōk ļok make iaan. Juon ajiri enaaj ritto ļok ekkar nān wāween eo an make.

Kememej bwe elōñ GLANDS ilowaan ānbwinim. GLANDS kein rej kōmmāne jet men etāir in HORMONES. HORMONES kein rej peek mōkaj in am eddōk im wāween am ritto ļok. Pija kein ilaļ rej kwaļok ia ko GLANDS kein rej kōtoori HORMONES ko jāni.

Ne ej 8 ļok nān 16 am iiō, GLANDS kein rej jino kōtoori HORMONES ko. GLANDS ko ippān ļaddik etāir in TESTES. GLANDS ko ippān leddik etair in OVARIES. Juon ļaddik eor ruo TESTES ikōtaan neen tunabōj. Juon leddik eor ruo OVARIES ikōtaan neen tulowa. TESTES im OVARIES rej etan GLANDS ko ippān ļaddik im leddik. Erkein men ko rej kōmmān an oktak ānbwinim ajiri ilo aer ritto ļok.

Aolep armej rej eddōk im ritto ļok. Ijooke kajjojo armej eor juon wāween an make eddōk. Jet ajiri remarōn aetok ļok, im jet ajiri remarōn kadu ļok. Wāween ad eddōk ej wawa ioon men kein: 1) wāween ad bōdañe ro jined im jemād, 2) mōñā ko kijed im wāween ad kōjbarok ānbwinid, 3) men ko ipeļaaikin jikin eo jaar ritto ļok ie.

Ijooke ijellokin wāween ad kajjojo eddok, eor jet wāween ko aolepād wōj jej ļoori. Erkein jet iaan wāween ko:



- a) Ilo 1 iiō, juon niñniñ eddo ļok jilu alen jān ke ear ļotak. Ilo 3 iiō, ajiri eo eaetok ļok jān jilu ne aetokan. Ānbwinin ajiri eo ej dik wōt nān joñan bōran. Ajiri ro ilo 6 iio rej 45 inij aetokāir. Ajiri rein ej 45 paun eddoier, ak juon paun juon inij dettāir.
- b) Ilo 9 iio, pein im neen aolep ļaddik im leddik raetok ļok jān joñan ānbwinier. Ijooke ļaddik im leddik ro rej ja āin kāer wōt juon.
- c) Ilo 12 iio, jimeṭtan in ledik ro raetok ļok jān elōñ ļaddik. Enaaj jino an eddōk im lap ļok ittin leddik.
- d) Ilo 15 iio, ļadik ro renaaj aetok ļok im eddo ļok jān elōñ leddik. Ledik ro emōj an ejaak ittier im doluul ibier, im ļadik ro emōj an debakbak ļok aerāir.
- e) Ilo iio 21, ededeļok an eddōk ļok aolep armej. Lōmaro raetok ļok im eddo ļok jān elōñ iaan li-marō.

Aetokan diūm enaaj kwalok aetokam. Di kadu rej kōmman armej kadu, im di aittok rej kōmman armej aittok. Ilo ien in kwoj eddōk wōt, eor jet kōta ikōtaan diūm. Kōta kein rej pād ikōtan juon di im jōmlōkin di eo. Jet men rōmāni im meoeo rej binej kōtaan di ko. Men kein ikōtaan di ko rej eddōk im ben ļok. Rej kōmman an aetok ļok juon di. Elāne enaaj itaak di kein, enaaj jōmlōk am aetok ļok. Eñne joñan jaaij eo am.

Ebar lōñ kain oktak ko rej waļok ilo ien am ritto ļok. Ededeļok am jelā kōn GLANDS ko rej kōmman HORMONES. Ekwe erkein men ko rej kōmmāni oktak kein jej kōnnaan kaki.

Ippān leddik, HORMONES ko jān OVARIES ko rej jino ukōt ānbwinin. Enaaj jino an kilep ļok ittin. Ipin enaaj doluul ļok im katīn enaaj aidik ļok. Enaaj jino eddōk kool iomwin pein im ilo jikin ko jet ilo unin neen. Ainikien leddik enaaj bar aidik ļok ilo ien in.

Ippān ļaddik, HORMONES ko jān TESTES ko rej jino bar ukōt ānbwinin. Aeran ļadik eo enaaj debakbak ļok. Enaaj kilep ļok im kajoor ļok majōl ko an. Enaaj jino eddōk

kool iomwin pein im ilo jikin ko jet ilo unin neen. Aini-  
kien enaaj beij lok jān mokta.

Oktak kein rej jab joñan wōt juon aer walok ippān  
leddik ik ḷaddik. Ledik ro reḡaroñ mōkaj ḷok aer oktak  
jān ḷadik ro. Elōñ leddik reḡarōn aetok ḷok jān ḷadik ro  
rettāir wōt. ḷadik ro reḡaron jino oktak kein tokālik jān  
ledik ro. Bōtaab ḷadik ro renaaj ilām aetok ḷok jān elōñ  
wōt iaan ledik ro.

Elōñ bar oktak ko reḷḷap rej walok ilowaan OVARIES ko  
an ledik ro. Im ḷadik ro elōñ bar oktak rej walok ilowaan  
TESTES ko aer. Oktak kein rej kōmman bwe juon jiroñ en  
ḡaroñ in nāje. Rej bar kōmman bwe juon likao en ḡaroñ in  
wōr nejin. Eñiin wāween eo ej kōmman bwe jen maroñ in  
tiḡoon im lōñḷok iuwaad.



## LŌMNAK IN NĀJE

Ilo ien in, ʎadik eo emōj an eroṃ likao. Ledik eo emōj an eroṃ juon jiroṇ. Jiroṇ in im likao in rej lōmṇak in pālele. Innām raar maare im jino jokwe ippān doon.

Ripālele ro rekōnaan bwe en wōr nejier ajiri. Jet ripālele rej kōttar wōt im kōjerbal wāween eo etan in FAMILY PLANNING. Elōṇ un ko bwe jen kōttar wōt im jab kijōr in nāje. Jet ien jej aikuj in kadede ʎok ad jikuul. Jet ien elōṇ bar un ko jet jej kōttar kaki. Elōṇ arṃej rōjelā ke juon niṇniṇ enaaj ājṃuur ʎok eʎaṇe eritto jinen ṇan an nāje. Niṇniṇ ro nejīn jiroṇ jiddik ro reunniṇ im rej jab ājṃuur. Niṇniṇ ro nejīn jiroṇ ro reritto rekilep im ājṃuur. Jiroṇ ritto rein rej 21 im elōṇ ʎok aer iiō. Kōn men in emman ṇe juon jiroṇ ej kōttar im nāje ṇe 20 ak lōṇ ʎok an iiō. Enaaj kajoor im ājṃuur ajiri ro nejīn ej keotak er.

## ĀIN AN EJAAC NIŊNIŊ EO?

Ilowaan ānbwin in jiron eo elōn lep rej pād ie. Aolep allōn ej diwōj tok juon lep jān juon OVARY. Lep in ej ilōk ilo juon ial ļok nān jikin niŋniŋ ak UTERUS eo. Lep in ekkā wōt an jab mōur im eddōk. Kōn men in, lep in enaaj diwoj ļok ilo bōtōktōk jān UTERUS eo. Eñiin ej ien nañinmej eo an jiron ro im ej waļok juon alen juon allōn.

Ak, jet ien lep eo ej ejaak im eddōk. Melele in ke juon kij jān leo ear koba ippān juon lep im ejaake ajiri eo ilowaan jinen. Kōn men in lieo eban bōk nañinmej in allōn.

Nañinmej in bōrōro ej ijino ne juon lep ej jino ejaak ilo UTERUS ak jikin niŋniŋ eo. Lep eo ekanooj in dik ilo jino in an ejaak. Ālikin juon allōn, enaaj 1/4 inij wōt aetokan. Enaaj jino pam menono eo an ilo allōn eo kein kajilu. Ānbwinin enaaj jino makitkit ilo allōn eo kein keemān. Niŋniŋ eo enaaj ejaak im eddōk ļok wōt ālikin ien kein.

Ālikin ruatimjuon allōn, niŋniŋ eo enaaj roñoul inij aetokan im jiljilimjuon paun eddoin. Ilo ien in niŋniŋ eo epoojak in diwoj ļok im jokwe inabōj in ānbwinin jinen. Jet niŋniŋ eiet im jet elōn koolan bōrair. Eļap wōt an niŋniŋ ro kiki ālikin aer ļotak. Juon niŋniŋ ejjab aikuj in katak kilen an jerom nin-nin eo.

Eor ruatimjuon allōn in an kar lep eo eddōk ļok im ejaake juon niŋniŋ. Ilo aolepen ien in, niŋniŋ eo ear mōnā im menono wōt jān jinen. Men kein raar ilōk jān jinen nān ajiri eo ilo būjen ļok. Eor juon to ej kobaik ajiri eo ippān jinen. To in ej mwijmij eļañe ajiri eo ej ļotak.



Jinen im jemān ajiri eo rej aikuj in poojak mae ien an ajiri eo lotak. Elōn kūrae rej keotak ilo hospital ak dispensary ko. Eor jet lellap rej keotak kūrae ro ilo mōko imweir. Juon taktō im juon nōōj rej jibān kūrae eo ilo an keotak ilo hospital.

Ilo an lotak ajiri eo, jej aikuj jibañe bwe en marōn menono. Elañe niñniñ eo ej jañ, meļeļe in ke epoojak in make menono. Tokālik renaaj mwijit būjen niñniñ eo im jooloke. Būjen ejjab jermal ālikin an niñniñ eo lotak.

Tokālik, jinen im jemān ajiri eo renaaj bōke nan mweo imweir. Juon niñniñ ejjeļok men en eparōn kōmmene. Niñniñ eo ej aikuji aolep jibañ jān jinen im jemān. Aolepān juon baamle rej aikuj in kōjbarok niñniñ eo. Niñniñ eo ej aikuj in ritto ļok im katak elōñ men ko.

Niñniñ ro rej aikuj jibañ ien otemjej. Im kūrae ro rej aikuj ien nan an ajmuur ļok ānbwinier. Kūrae ro rej aikuj bwe en emmelo ļok aer nāje. Enaaj emman ļok an kūae ro im ninnin ro ajmuur ilo waween in. Juon kūrrae ej aikuj in kottar ruo iio mokta jan an bar nāje. Men in emōj an taktō ran kamoole.

Niñniñ ro nejin armej erumij aer eddōk im ritto lok. Niñniñ ro nejin menin mour ko jet emōkaj aer eddok im ritto ļok. Jet niñniñ erumij aer ritto ļok im jelā lomņak. Jet niñniñ emōkaj aer ritto ļok im jelā lomņak.

Juon niñniñ in wōn ej ettōr nan lojjet im tulok ālikin wōt an rubrub. Juon niñniñ in ooj eparōn etetal ālikin wōt an lotak. Juon niñniñ in elpōn eparōn etetal aetok ālikin wōt an lotak. Juon niñniñ n ek ej tulok im aō ālikin wōt an rubrub.

Kwoj loe ke oktak eo ikōtaan menin mour kein? Juon niñniñ in armej ekab etetal wōt ālikin juon im men iio. Kōn men in, niñniñ ro rej aikuj jibañ jān jineir im jemair. Niñniñ ro renaaj aikuji jibañ in iomwin juon ien eo eaetok.

I OKTAK JĀN EOK

Kōjērbal kureoñ im kaunoik pija in. Kōmman unokan lain ko ilowaan pija in. Āin pija ko aṃi wōt juon ke? Keidi pija ko aṃi ippān doon.

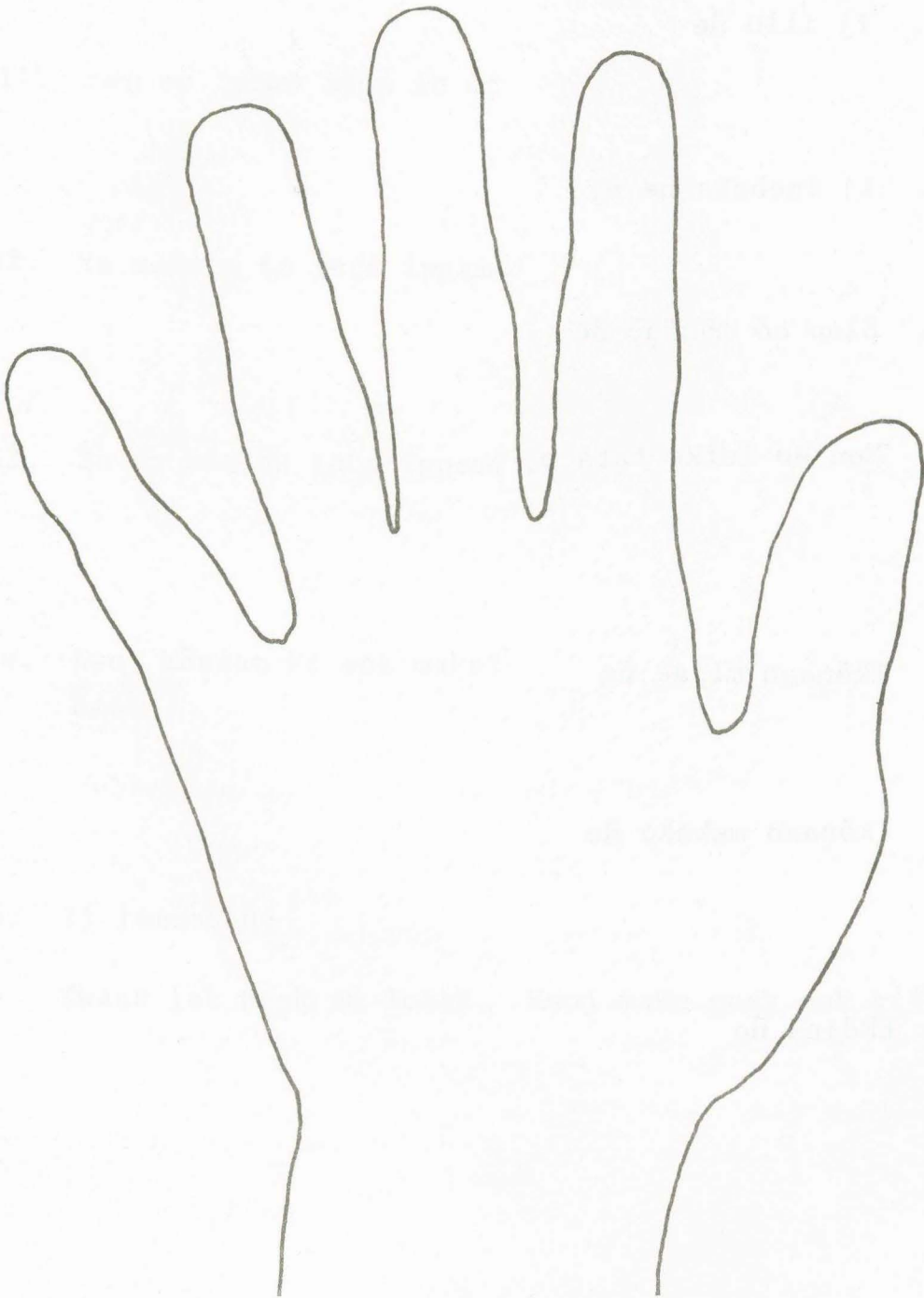




## PEIŪ IN

Kōmlele:

1. Kōjerbal anmiiñ im jitaame addi in pā kein.
2. Jitaame pija in kōn addi ko rekkar.
3. Jei jet naan kōn kwe make im kwalok kadkadim.
4. Jei naan ko ami ion addi ko ak ilo pā eo.



KWOJELĀ KE WŌN KWE?

Kwalok am lōmṇak kon wāween kein. Naan kein  
rej kwalok kon wāween an armej lōmṇak.



1. Ewi wāween am lōmṇak kiiō?
2. Ij illu nē
3. Ij inebata nē ej
4. Elap aō mōṇōṇō nē
5. Men eo idike tata ej
6. Ikōṇaan mijak nē
7. Ikōṇaan makoko nē
8. Ekōjak nē



9. Ta wāween lōmṇak ko  
kwoj loi ke romman?
10. Men eo emman tata ippa
11. Men eo idike ippa in ej
12. Ta melele in jerā ippam?
13. Ta eo eaorōk tata ippam?
14. Kwoj kōṇaan ke eok make?  
Bwe?
15. Ij jememe ñe  
Kwaar jab peek am lotak. Kwoj make peek eok kiiō.

EIEN KE AN OKTAK ĀNBWINIM?

1. Armej ej jino oktak ānbwinier jan \_\_\_\_\_ lōk  
nān \_\_\_\_\_ iiō.
2. Kwomaroñ ke loi aolepān oktak kein rej walōk? \_\_\_\_\_.
3. Ien oktak in jej naetan \_\_\_\_\_ ak \_\_\_\_\_.
4. Kwoj oktak jān ānbwinin \_\_\_\_\_ nān \_\_\_\_\_.
5. Ejjab joñan \_\_\_\_\_ ien an oktak kein walōk wōt juon.
6. Elōñ \_\_\_\_\_ emōkaj lōk aer oktak jān \_\_\_\_\_.
7. Men eo elap tokjān in bwe aolep armej ej \_\_\_\_\_  
ānbwinier ilo aer ritto lōk.
8. Etan dān ko rej beek mōkaj in am oktak ej \_\_\_\_\_.
9. Ajiri ro rej ritto lōk im erom \_\_\_\_\_ im \_\_\_\_\_.
10. Juon jiroñ im juon likao rej \_\_\_\_\_ im ejaake  
juon baamle.
11. Aolep \_\_\_\_\_ ej laplōk ibier nē rej 13 nān 18  
iiō dettair.
12. Aolep \_\_\_\_\_ ej erak lōk aerair nē rej 13 nān  
18 aer iiō.
13. Nē jej ritto lōk eor nemān ānbwinid etan in \_\_\_\_\_.
14. Ilo am ritto lōk enaaj eddōk \_\_\_\_\_ iomwin peiūm.
15. Di ko diūm rej \_\_\_\_\_ joñan aetokam ilo am ritto  
lōk.
16. Etan gland ko rej ukōt ānbwinin lādik ro ej \_\_\_\_\_.
17. Etan gland ko rej ukōt ānbwinin ledik ro ej \_\_\_\_\_.
18. Ūnen \_\_\_\_\_ elap an aorōk nān eok ilo ien am  
ritto lōk.



EOR KE EN ĀINWŌT KWE?

Lel̄ok pepa in bwe ajiri ro jet ren lale im je etāir.

Etam

1. ejjab mak nīū
2. emalko koolan bōra
3. ejjel̄ok aō tāeo
4. ejjab kijkiĵ bōra
5. ijjab meĵurlep
6. ijelā ukulele
7. ejjel̄ok jatū
8. ijelā bōtta
9. ijelā ānwōd
10. eor nejū kidu
11. ijjab riab
12. etūm ruo nīū
13. ekadu akkiin peiū
14. enno ek ippa
15. ikōṇaan tutu iaar
16. ijelā jipeel
17. imijak kitañtañ
18. ikōṇaan al im eb

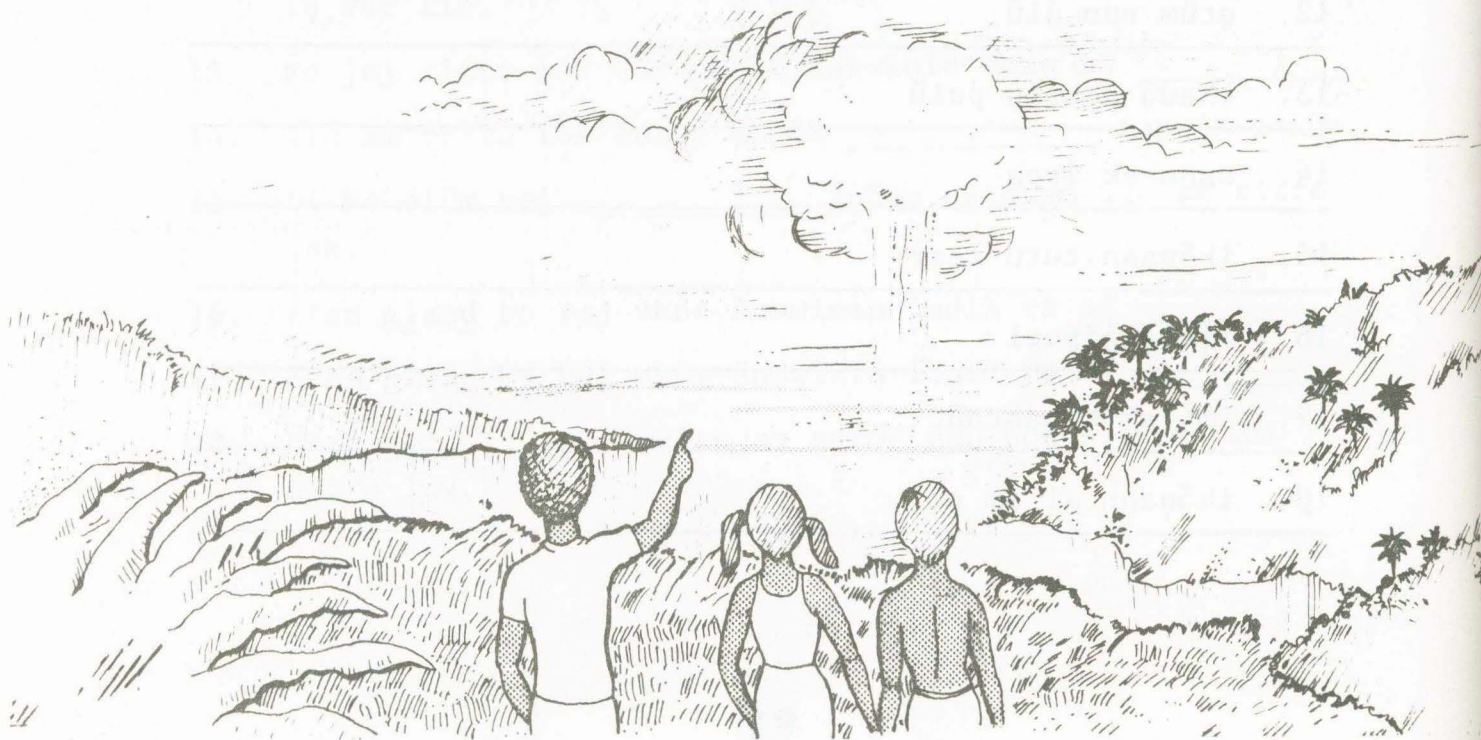


## JEJ AIKUJ JELĀ KŌN RADIATION

### Ta Eo Ear Walok Nān Lekōj?

Kwonañin kar roñ ke bwebwenato in Lekōj? Lekōj ej juon iaan laddik in Marshall ro raar jino jorrāān jān būnal in RADIATION. Ilo March 1, 1954 Lekōj im ladik ro mōttan raar ikkure iaar in Rongelap. Ke ladik rein rej ikkure, raar loe juon jarom kileplep ilañ. Tokālik raar roñjake ainikien juon joruur eo ebañijñij. Jarom eo im joruur eo raar itok jān BOMB eo raar rube jinoin tata ilo Bikini. Bikini eor buki jima mail ettolōkin jān Rongelap. Eor 23 ATOMIC BOMB raar rubi im katak kaki ilo aelōñ in Bikini im Enewetak. Ilo ien eo ejjelōk armej in Marshall ejelā kōn ta in ATOMIC BOMB.

Ilo rujlōk in raan eo juon Lekōj im ajiri ro mōttan raar loe juon men emarok. Men eo raar loe ej kāāre in baat im būnal ej wōtlōk lōk ioon Rongelap. Ke rej loe, ajiri ro raar ilām ikkure ippān baat im būnal eo. Ejjelōk aer jelā ke elap jorrāān enaaj kar walōk jān baat eo emarok rej ikkure ie. Elōñ armej raar jorrāān jān baat in būnal eo ilo ien in. Ear jab etto im armej rein raar enjaake aer mōlañlōñ im bwil kilier. Jet iaer ear jino tūm koolan bōrāir. Aolepān armej rein raar jino aer enjaake jorrāān in ATOMIC RADIATION.



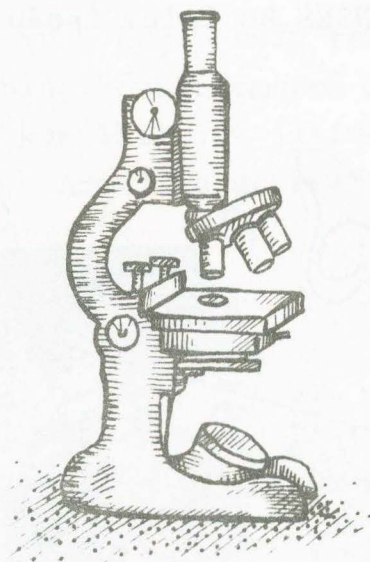


Lekōj ear ɭaptata an jorrāān jān būnal in baat eo. Jet iiō tokālik Lekōj ear jino bōk nañinmej in CANCER. Nañinmej in ear waɭok ilo THYROID GLANDS ko rej pād iomwin buruōn. Taktō ro an Atomic Energy Commission, ak (AEC) raar jilkinlōk Lekōj nan America bwe en taktō ie. Bōtaab Lekōj ear kanooj in jorrāān ānbwinin jān būnal in RADIATION eo. Innām Lekōj ear mej mokta jān an kaddiwojɭok jān elementary school.

### Aolep Men Rej Kōmman Jān Atom Jiddik

Ilo kilaaj in SCIENCE kwoj ekkatak kōn OBJECTS im PROPERTIES ko aer. Āinwōt in, bok in kwoj riiti ej juon OBJECT. Aolep OBJECT eor aer PROPERTIES āinwōt dettan, unokan, jōkjōkin, eddoin, im ko bar jet. Aolepān men kein jemaron loī im eñjaaki.

Ijoke ebar lōn jet men ko jejjab maron loī im eñjaaki ilo OBJECT ko. Jet wōt SCIENTISTS remaron in loī wāween kein ilo aer katak kaki. Innām emōj aer loe ke aolep men ilo laɭ in rej kōmman jān jet kain men jiddik. Men jiddik kein rej naetair ATOMS. ATOMS kein rej menin ejaak ko an men otemjej ilo laɭ in. Elōn ɭok jān ribuki kain atoms ko rej waɭok im pād ilo laɭ in.



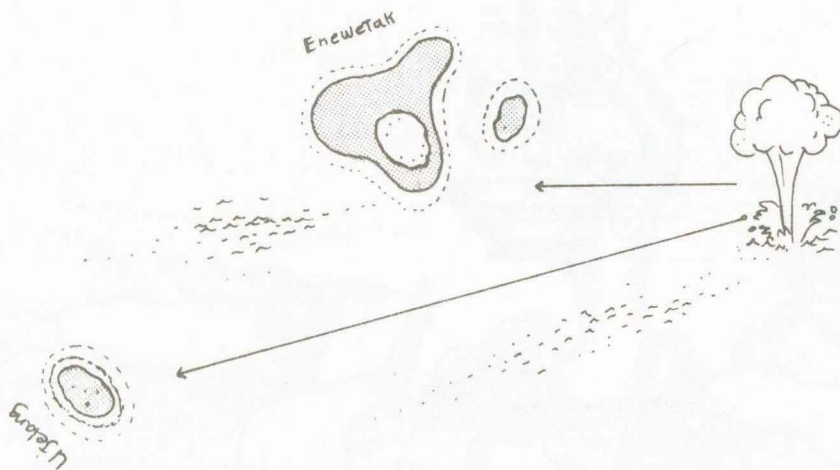
## Atoms Ko Remaroñ In Radioactive

Jet atoms remaroñ in oktak im erom bar jet kain atoms. Atoms kein rej oktak jān kar wāweier etāir in RADIOACTIVE ATOMS. Ilo laļ in eor atoms ko rej RADIOACTIVE im atoms ko rejjab RADIOACTIVE. Ilo mool elōñ lōk atoms ko rejjab RADIOACTIVE jān ko rej RADIOACTIVE.

Men ko rej radioactive elap tokjāir ilo jet wāween ko. Muktata, men ko eor radioactive ie remaroñ kwalōk ENERGY ak kajoor. Atomic bombs ko, eor radioactive ilo men ko ilowair. Ne ej rub juon BOMB ekanooj in lap kajoor eo ej walōk jāne. Eñiin unin an kar jako jet iaan jikin ak āne ko ilo aelōñ in Bikini im Enewetak.

BOMBS ko raar rub ilo Bikini im Enewetal eor RADIOACTIVE ATOMS ie. Ilo an juon RADIOACTIVE ATOM oktak, eor kajoor ak ENERGY ej walōk jāne. Jejjab maroñ loe kajoor eo ej walōk jān atom kein rej oktak. Etan kain kajoor in ej RADIATION. Meram in al im bwil in al rej ruo kain RADIATION rej itok jān al make. Jemaroñ loe meram in al im eñjaake bwil in al. Eñiin oktak eo ikōtaan meram in al, bwil in al, im radioation eo jān BOMBS ko rej rubi.

Kajoor in RADIATION elap lōk ilo jikin ko rebaake RADIOACTIVE ATOMS ko jān jikin ko rettolōk jāni. Innām armej ro rej jokwe Enewetak enaaj lap lōk RADIATION ippāir jān armej ro rej jokwe Ujelang. RADIATION in ej walōk jān BOMBS ko, ejjelōk wāween en jemaroñ in kile ie nān jidik. Aolepān SENSES ko lālem ippān armej remōjno nān aer kile men in.





## Ta Eo Ear Waļok Ilo Aelōñ In Enewetak Im Bikini?

Jān 1946 ñan 1958, kien eo an America ear kōkem̄mālmel kōn ATOMIC BOMBS ilo aelōñ kein. Kōkem̄mālmel kein raar kōmmani ilo aelōñ in Bikini im Enewetak. Eor 23 ATOMIC BOMBS raar rubi im katak kaki ilo aelōñ kein ruo. Ke bombs kein raar eddebokļok, raar jolōñļok elōñ men ñan jikin ko ilōñ ilo mejatoto. Men kein raar wanlōñļok im kooba ippān RADIOACTIVE ATOMS ko jān bombs ko. Tokālik men kein raar wōtlōk laļtak āinwōt baat in būñal im jok ion āne, loojet im lometo. Kōto ear pooki ļok jet iaan būñal kein ñan jikin ko jet rettolōk.

Ñe juon ATOMIC BOMB ej eddebokļok, erkein men ko rej waļok: Mōttan bwidej im radioactive atoms ko rej kāāre ippān doon. Bwidej kein im atoms kein rej kālōñļok ñan ijoko ilōñ. Ālikin jet ien, men kein aolep renaaj wōtlōk laļtak ñan laļ in. Jet iaan būñal kein renaaj wōtlōk ion āne, im jet renaaj wōtlōk ilo jikin ko rettolōk. Men ko armej in Utirōk im Rongelap raar jorrāñ jāni kein.

## Jemaroñ Ke Nañinmej Jān Radiation?

Ekwe emōj de am kar roñjake bwebwenato in Lekōj. Lekōj im armej ro jet ilo Rongelap im Utirōk raar jorrāñ jān kajoor in radiation. Armej rein raar jorrāñ jān baat in būñal eo ear wōtlōk ļok ion aelōñ kein ruo.

Ālikin jidik ien, armej rein renaaj eñjaake naniñmej in radiation. Koolan bōrāir emaroñ in tūm ļok. Kilier emaroñ in bwil im kakilkil jet jikin ie. Remaroñ mōlañlōñ im bidodo loojeir. Armej in Rongelap im Utirōk raar bōki kain nañinmej kein.





Ijoke ejjab nañinmej ko de-kein. Ełane ej wōr radioactive atoms ilo juon ānbwin, enaaj lōn nañinmej rej wałok ie tokālik. ATOMS ko remaron pād ilowaan juon ānbwin iomwin juon ien eo eaetok. Łokin jet iiō elōn kain nañinmej renaaj wałok ilo ānbwinin armej eo.

Jemaron watōki RADIOACTIVE ATOMS ko āinwōt paijin. Boṭaab, men kein reoktak jān paijin ilo jet wāween ko. ATOMS kein rej make ekkwałok RADIATION, ak paijin ko rejjab. Paijin ko emōkaj aer jelet ānbwinid. Ak RADIOACTIVE ATOMS ko ekanooj in rumij aer kōkkure kōj. Āinwōt in, ełane jenaaj mōnā men ko repaijin emaron ilok-łoojied wōt kiio. Ak ełane jen kar jorrāan jān radiation, enaaj kar etto ad eñjaake ad nañinmej. Jemaron kar eñjaake ad nañinmej ālikin elōn iiō. Eñiin wāween eo ej wałok ippān armej rein raar jorrāan jān būnal in radiation ko.

Atomic radiation emaron kōmman nañinmej ak jorrāan ko jet nan ānbwinid. Emaron kōmman jarroñroñ, bilo, jeba, im taño. Jiipūn im men ko jet remaron bar wałok jān radiation. Jorrāan kein rej wałok ne radiation ko rej kōkkure kij in niñniñ ko ippān jinen im jemān ajiri eo. Niñniñ eo emaron bar jorrāan ełane radiation ej ilok nan e ke ear pād wōt ilowaan lojeen jinen. Jorrāan kein ełap wōt aer wałok ilo jikin ko ełap radiation ie.

Radiation emaron bar jelet ājmuur an armej ilo an ikūr nemāmeen ine ko ippān jinen im jemān niñniñ ro. Ine kein rej peek wāween an ajiri eo naaj bōdañ. Āinwōt in, en małko ke koołan bōran, en kadu ke ak aetok kāan, ak en kilep ke ak aidik? Radiation emaron ukōte ine kein im kōkkuri. Ełane ejorrāan ine kein, ajiri eo enaaj bar jorrāan ālikin an lotak. Jet ien ajiri eo emaron karbōb ilo an lotak. Jet ien, emaron wor nañinmej kein renana ippān ajiri eo. Juon kōrā eo ej etta ejjab aikuj in pād ilo jikin ko eor radiation ie. Radiation kein remaron kōkkure ajiri eo nejin mokta jān an lotak.



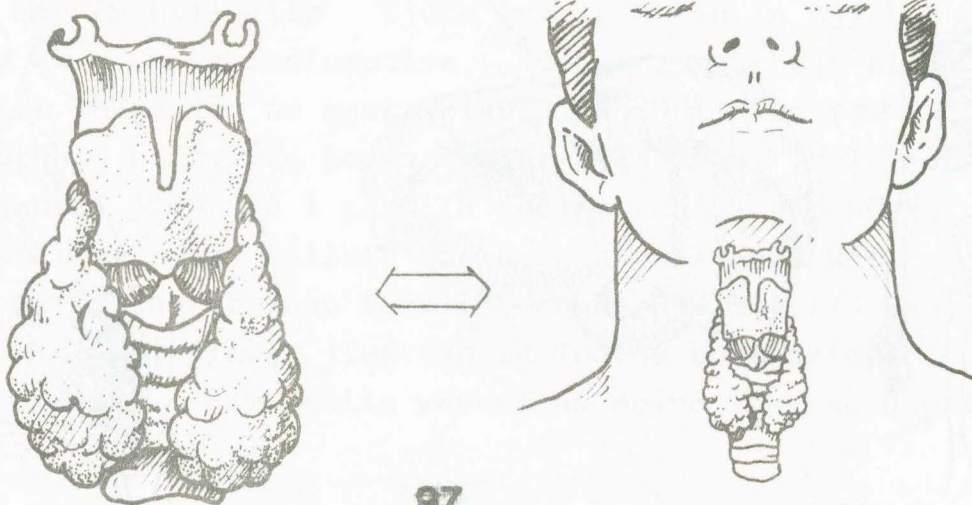
## Ia Ko Radioactive Atoms Ko Rej Ilok Nani Ilo Ānbwinid?

Eor jiljino kain radioactive atoms ko raar waļok jān BOMBS ko ilo Bikini in Enewetak. Etan atoms kein IODINE, CESIUM, STRONTIUM, COBALT, AMERICIUM, im PLUTONIUM. Aolepān atoms kein raar waļok jān ATOMIC BOMBS ko im ekanooj in lap aer RADIOACTIVE. Erkein atoms ko rej kōkkure armej, keinikkan, im menin mour ko jet. Jet jikin ilo aelōn kein ekanooj in lap radiation ie. Emōj aer kar etale joñan radiation ilo aelōn in Marshall ilo iiō ko lok. Inñam raar loe ke aelōn ko ilo Rālik im Ratak aeñ eļaplok radiation ie jan aelōn ko jet. Radiation kein renaaj pād wōt ilo jikin kein iomwin buki im elōn lok iiō.

SCIENTISTS ran rejelā ke armej renaaj nañinmej eļañe eļap radiation ilo ānbwinier. Armej ro edik radiation ilo ānbwinier remaroñ jab eñjaake aer nañinmej. Im armej ro eļap radiation ilo ānbwinier emaroñ wōr jorrān enaaj waļok ñan ajiri ro nejier. Ak armej ro edik radiation ilo ānbwinier emaroñ jab jorrān ajiri ro nejier.

Etke eļap wōt an radiation kōkkure THYROID GLANDS ko iburuōn armej?

THYROID ej juon GLAND ej pād itu-lowa in buruōd im kōnwaad. GLAND in eaurōk kōnke ej peek wāween an juon armej eddōk im ritto lok. Ilo an juon ajiri ritto lok, ej oktak im erom juon jiroñ ak juon likao. Ilo ien in enaaj laplok aeran ladik eo im kileplok ittin ledik eo. Thyroid glands ko ilo ānbwinid rej kōmman bwe en waļok oktak kein. Glands kein renaaj bar kōmman bwe en eddōk kool iomwin pein ledik eo im ladik eo. Eñiin unin an aorōk thyroid glands kein.





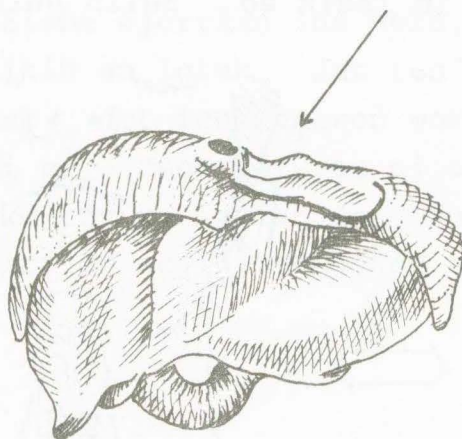
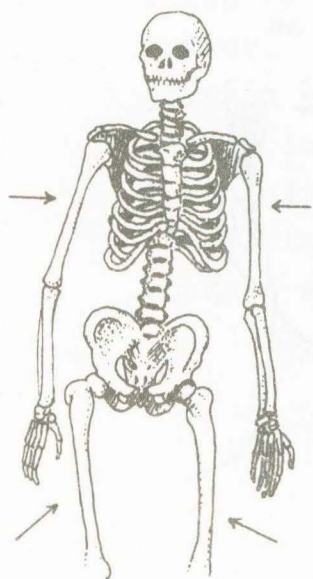
Ñe ej wōr radioactive IODINE ippān juon armej, ekkā wōt an ilōk ñan THYROIDS ko an armej eo. THYROIDS ko an armej rej aikuji IODINE ko ejjelōk RADIOACTIVE ATOMS ie. Ñe ej delōñ tok IODINE ilowaan ānbwinid, ej ilōk im pād ilo THYROID ko ilo buruōd. Kiiō ñe, ñe edelōñ tok IODINE kein eor RADIOACTIVE ie, renaaj bar aikuj in ilōk ñan THYROID ko ilowaan buruōd. Kōn men in, iodine kein repaijin renaaj kōnañinmej kōj.

IODINE ko eor RADIOACTIVE ie rej kōmman nañinmej in CANCER ilowaan THYROID GLANDS ko ad. IODINE kein emaroñ in etto aer pād ilo ānbwinid. Emaroñ bar wōr CELL nana rej eddōk ilo THYROID ko im kōmman ad nañinmej. Eñiin kain nañinmej eo Lekōj ear jorrāān jāne.

COBALT ej bar juon kain atom eo eor RADIATION ie. COBALT ko ekkā wōt aer ilōk ñan aj in armej. Tokālik emaroñ wōr CANCER ej eddōk ilo aj eo. CANCER emaroñ bar kōmman nañinmej ko jet ilo aj eo.

STRONTIUM ej bar juon kain atom eor radiation ie. Strontium ekkā wōt an ilōk im pād ilowaan di ko. Tokālik emaroñ wor CANCER in di ak nañinmej in LEUKEMIA ilo ānbwinid.

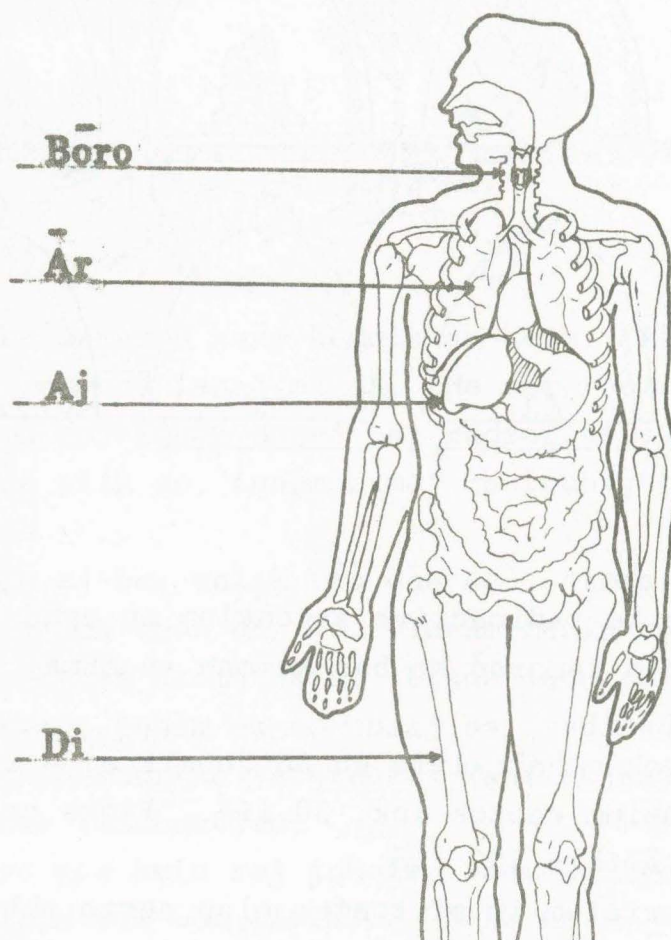
RADIATION kein remaroñ bar jelet mōttan ko jet ilo ānbwinid. Armej emaroñ CANCER ārier ñe rej menonoik tok PLUTONIUM ko. CANCER in enaaj ijino ilo ār. Tokālik enaaj ererak lōk ñan mōttan ko jet ilo ānbwin. TUMOR ko eor mōttan CANCER ie remaroñ ejaak im eddōk ilo kōmālij. Aolepān nañinmej kein rej walōk wōt jān radiation.





## Ewi Towan An Radiation Ko Pād?

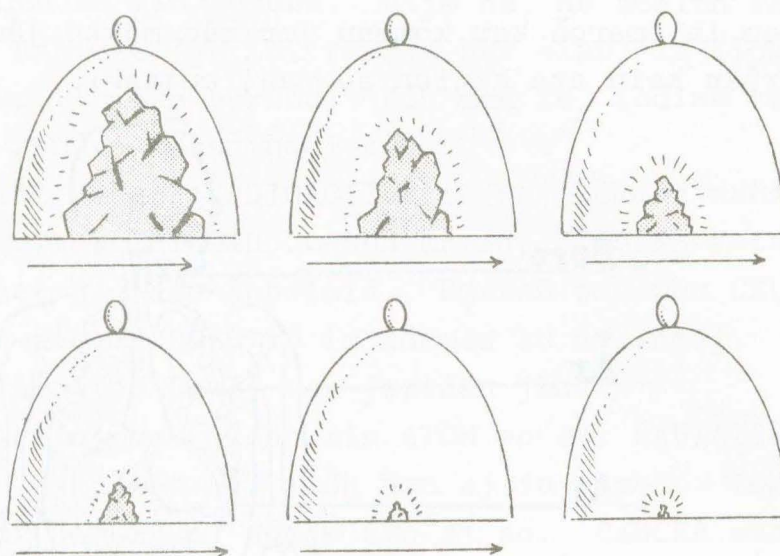
Radiation ko ejjab aetokan aer pād wōt juon. Iodine ko eor radioactive ie rej pād iomwin wōt jet allōn. Tokālik enaaj jako an iodine eo radioactive. Bōtaab radiation eo ie emaroñ kar kōmman jorrāan mokta jān an jako. Jorrāan kein eto kitien ad naaj eñjaaki.



RADIOACTIVE ATOMS ko rej pād iomwin juon ien eo jej ŋaetan "half-life." Ilowaan juon "half-life," jimeṭtan in atoms ko enaaj jako aer radioactive. Scientists ro rej ŋaetan men in half-life. Ijoke meṭeṭeen men in ejjab bwe en jako an atom eo radioactive. Juon atom eaikuji elōn half-life mokta jān an maat aolepān radiation eo ie.

Aetokan half-life eo an iodine ej 8 raan. Meṭeṭeen, elaṇe jenaaj jino kōn 1 paun in iodine, enaaj pād wōt  $\frac{1}{2}$  paun ālikin 8 raan. Ālikin bar 8 raan enaaj pād wōt  $\frac{1}{4}$  paun. Ālikin bar 8 raan tokālik, enaaj pād wōt  $\frac{1}{8}$  paun. Āindein an naaj diklōk jimeṭtan in iodine eo ālikin aolep 8 raan otemjej. Ekwe eñiin wāween an mojño lōk radioactive atoms ko.

Aetokan half-life eo an strontium ej 28 raan. Kōn men in elap ļok an kauotata nē ej aetok ļok an pād. Lale waanjoņok kein ilal.



Eor ke radioactive strontium en epād ālikin 140 iiō? Atoms kein remarōn ke bar kōmman an arņej cancer ālikin 140 iiō?

Aetokan half-life eo an cobalt ej 5 iiō. Half-life eo an cesium eaetok ļok, 30 iiō. Ijoke cesium ejjab kōmman jorraān ālikin 150 iiō.

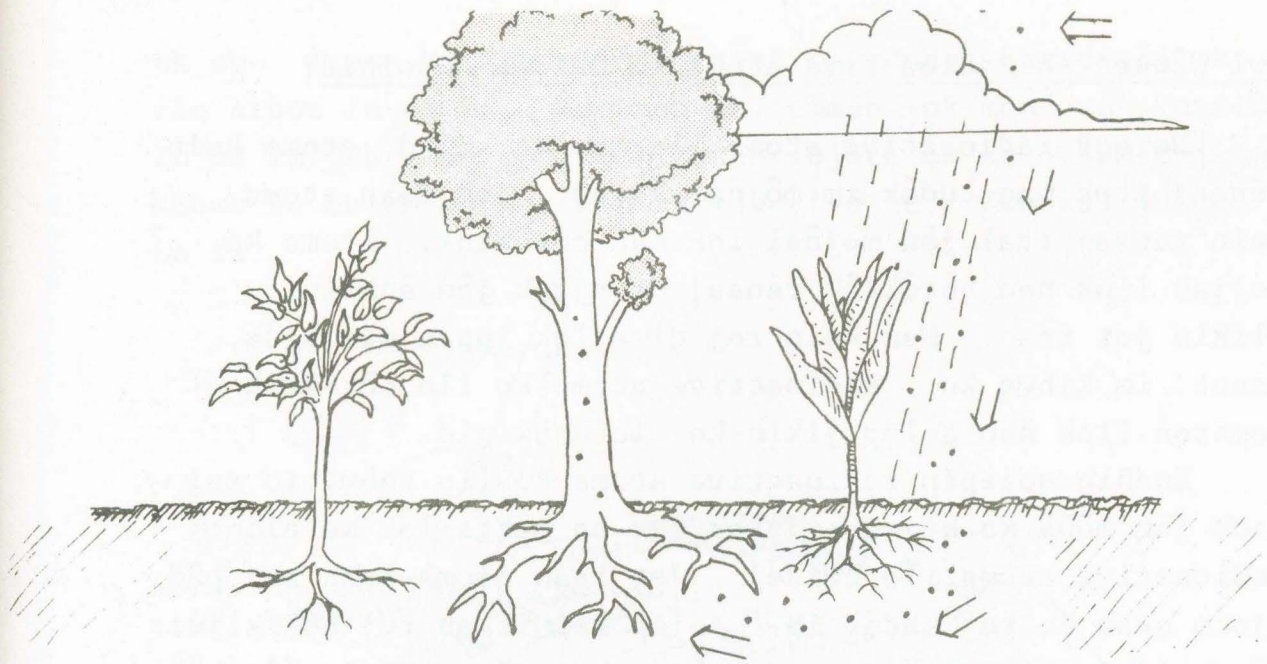
Americium im plutonium elap aerro oktak. Remarōn pād im radioactive wōt iomwin elōn ebeben. Half-life eo an plutonium ej 24,000 iiō.

#### Iaeo Radioactive Atoms Ko Remarōn Iļok Nani?

Radioactive atoms ko ekanooj in to aer pād. Kwojelā ke ia ko rej iļok nani ālikin aer wōtļok laļtak?

Men kein rej jok ioon āne im ioon dān. Ālikin jidik ien, remarōn etal nān bulōn bwidej. Men in enana, kōnke okar in keinikkan ko renaaj jeromi tok atoms kein. Keinikkan ko rej bōk kijeir im liņeir jān bulōn bwidej. Eļāne elōn radioactive ilo bwidej eo, innām keinikkan ko renaaj bar radioactive.

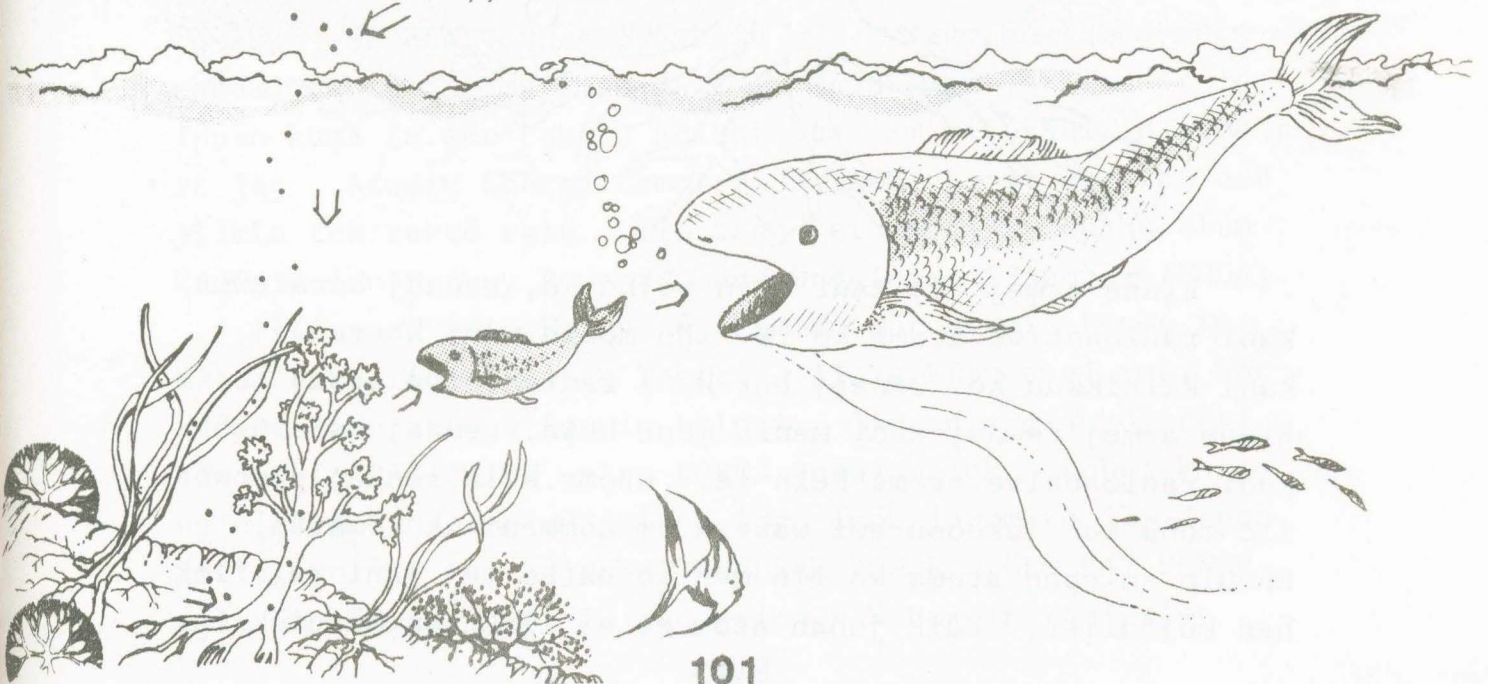




Menin mour ko reṃaroṇ kaṇi keinikkan kein. Āinwot in, juon piik eṃaroṇ in mōṇā ieraj ak mā. Ne eor radioactive ilo ieraj eo ak mā eo, innām enaaj bar radioactive piik eo. Eḷaṇe arṃej rōkaṇe piik eo, innām arṃej ro renaaj bar radioactive.

Wāween jab in ej bar waḷok ilo dān ko. Atoms ko eor radioactive ie rej jok ioon dān ko. Innām menin mour ko renaaj bōki radioactive atoms kein. Eḷaṇe juon ek enaaj kaṇi menin mour kein, innām ek eo enaaj bar radioactive. Eḷaṇe arṃej ak menin mour ko jet renaaj kaṇi ek kein, aolepāir renaaj bar radioactive.

Jōkdoon ia eo ṃen kein rej jok ie, radioactive atoms kein rej naaj deḷoṇe tok wōt ilo FOOD CHAIN eo.

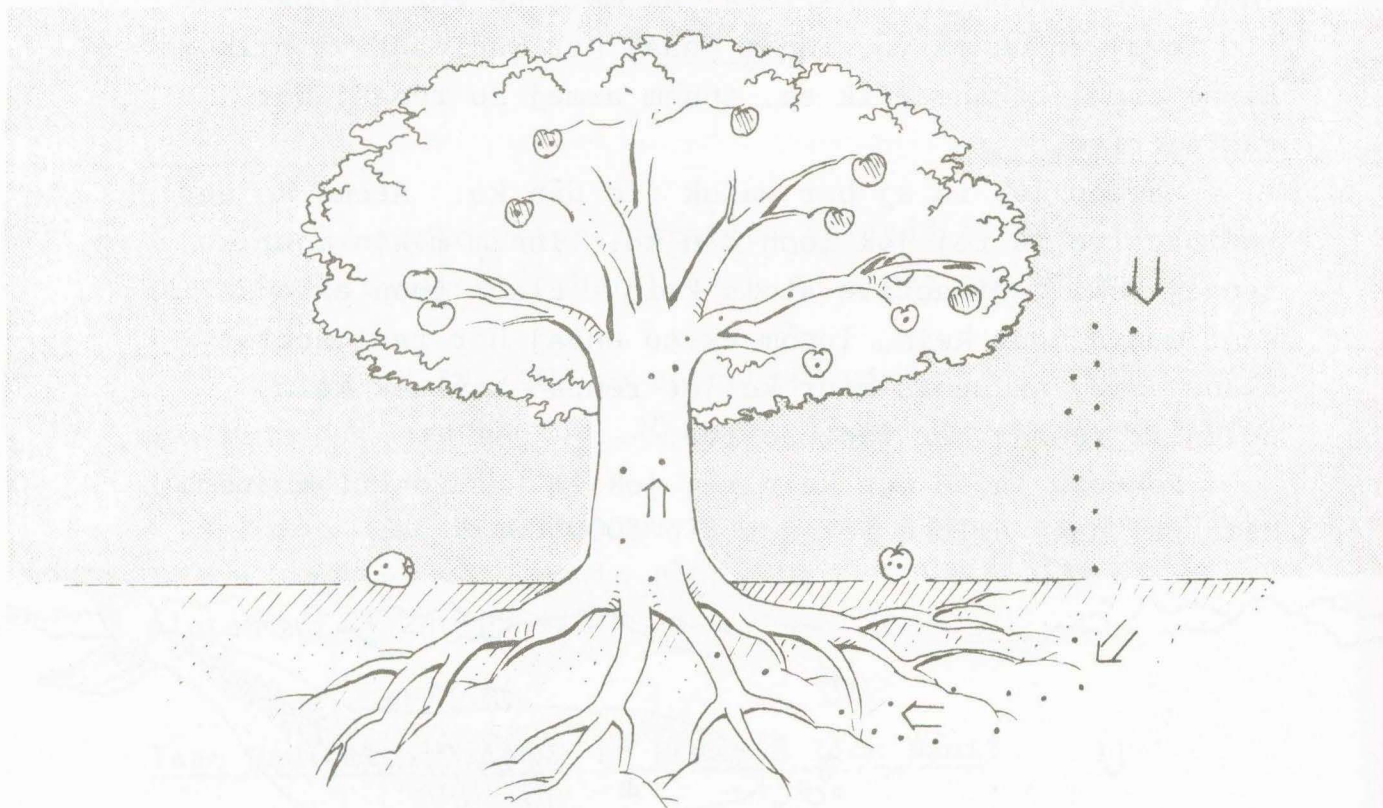




### Ewi Wāween An Radioactive Atoms Ko Deloñe Ānbwinid?

Ñe eor radioactive atoms ilo men ko kijed, atoms kein renaaj itok ñan tudōk im mōjñal ko ad. Jet iaan atoms kein renaaj etal jān mōjñal, lōk ñan bōtōktōk. Atoms ko rejjab ilōk ñan bōtōktōk renaaj diwojłōk jān ānbwinid ālikin jet raan. Men kein rej diwojłōk ippān menokadu, raaut, im kibwe ko. Radioactive atoms ko ilo bōtōktōk reṃaron ilōk ñan aolep jikin ko ilo ānbwinid.

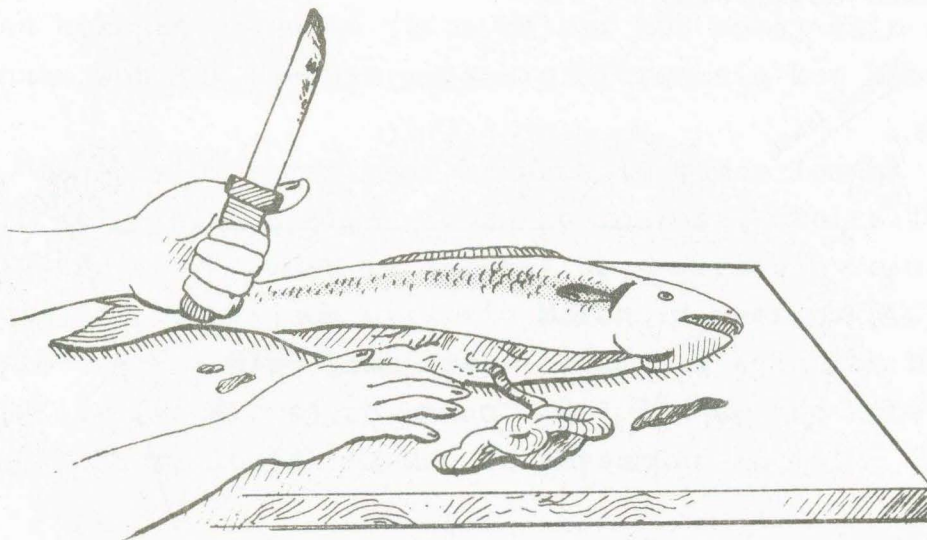
Enañin aolepān radioactive atoms ko ilo ānbwinid rej itok jān mōñā ko kijed. Jekar bar ba mōkta lōk ke elōn radioactive atoms ilo bwidej. Jet iaan atoms kein rej pād ijoko okar ko rej eddōk ie. Aolep keinikkan rej bōk kijeir jān bwidej. Atoms kein reṃaron ilōk ippān mōñā im dān ko ñan kāān im raan, im leen wōjke ko.



Elañe arṃej rej kañi leen wōjke ko, renaaj barainwōt kañi radioactive atoms ko ie. Ñe menin mour ko renaaj kañi keinikkan ko, renaaj bar kani radioactive atoms ko ie. Elañe arṃej renaaj kañi menin mour kein, renaaj barainwōt kañi radioactive atoms kein ie. Atoms kein renaaj pād wōt ilo mōñā ko, jōkdoon ewi wāween am kōmmani ak kōmatti. Enañin aolepān atoms ko ilo men ko ek ko rej kañi rej ilōk ñan mōjñalier. Edik joñan atom eo ej ilōk ñan kanniōk in



ek eo. Atoms ko ilo mōjñal in ek ko renaaj bar diwōjļok ilo kibwe in ek ko. Kōn men in, emman ļok mōnā wōt kanniōk in ek im jab mōnā men ko ilowaan lojeen ek ko. Kememej bwe kibwe in ek ko ej wōr wōt radioactive ie. Kwonaaj julōki ņa ia?



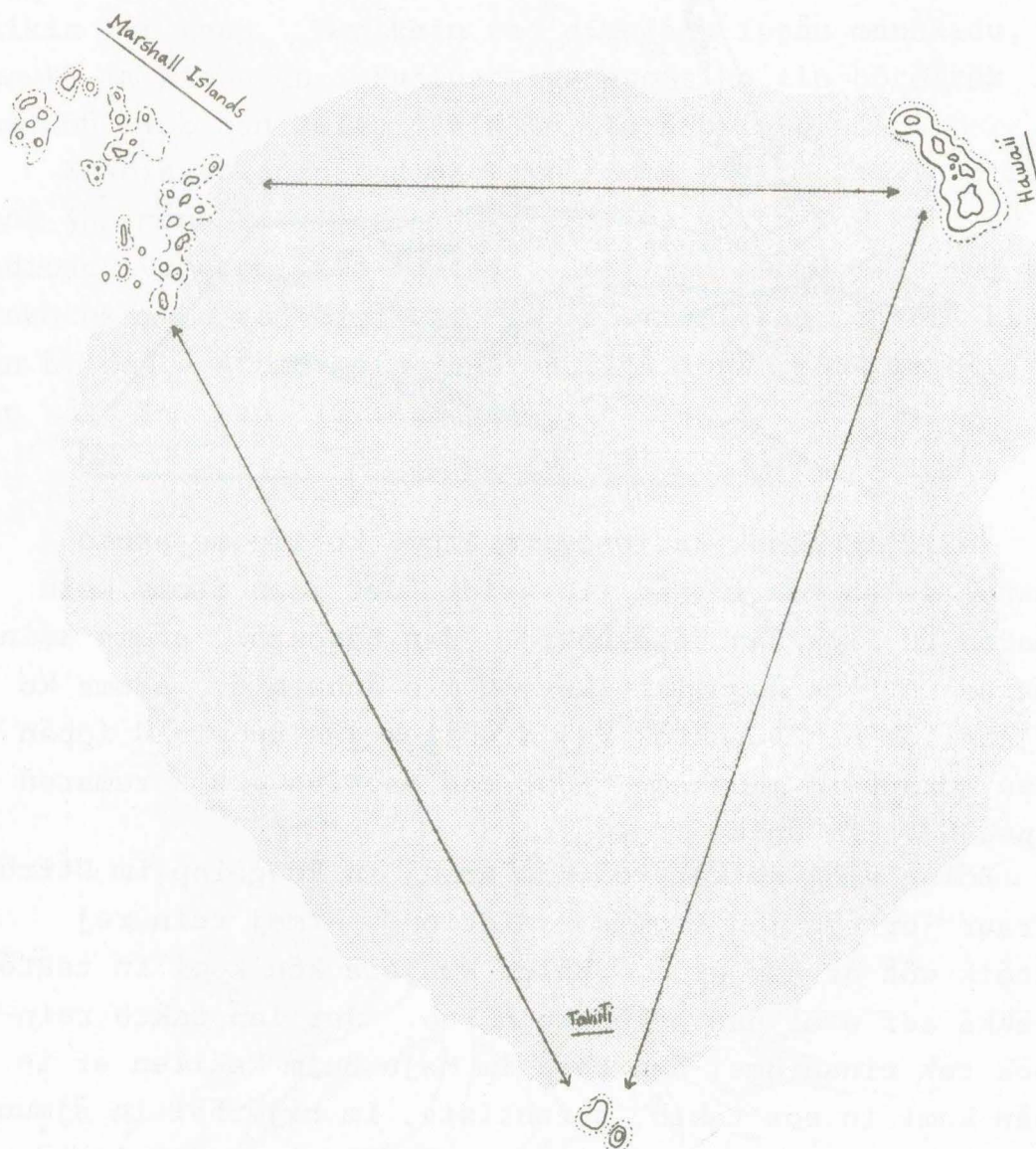
Ñe jej menonok radioactive atoms ko ilo mejatoto remaronō deloņ tok im pād ilo ārid. Jet iaan atoms kein remaronō in ilok nan bōtōktōkid. Jān bōtōktōk, atoms kein remaronō in ilok nan jikin ko jet ilo ānbwinid. Atoms ko rejjab ilok nan bōtōktōk rej diwōjļok jān ānbwinid ippān kibwe, raaut im menokadu. Jet radioactive atoms remaronō in pād wōt ilo ārid.

Bōlen emōj am kar roņ kōn armej in Rongelap im Utirōk ro raar jorrān jān atomic radiation. Armej rein rej taktōik wōt er nan kiiō. Bōlen kwojelā kōn kumī in taktō ro ekkā aer etal nan aelōn kein ruo. Jet ien takto rein rej ebbōk tok rinañinmej nan Ebwe im Majuro im kakilen er ie. Ippān kumī in eor taktō, scientists, im rijerbal in ājmuur ro jet. Atomic Energy Commission (AEC) eo an America ear jilkin tok taktō rein. Ilo raan kein emōj an oktak etan kumī in nan Energy Research and Development Agency (ERDA).

Ilo raan kein France ej kōmman wōt atomic bombs im katak kaki ilo aelōn in Tahiti. Ijoke France ej rubi wōt atomic bombs ko an iomwin bwidej. Ilo an armej kōjerbal kajoor in RADIATION, eļap KOBĒJ enaaj waļok. Kobej kein ejjelok jikin remaronō julōki ie. Imōn jarom ko ilo Japan im laļ ko jet rej kōjerbal NUCLEAR POWER. NUCLEAR POWER eļap an kōmman kobej in radiation. Kobej in radiation



kein elap aer kauatata nān mour ko an armej, keinikkan, im menin mour ko jet. Kōn men in eor kar bebe bwe ren julōki kobej kein ilo maḷo eo iturin Micronesia. Ilo wāween in enaaj kanooj in jorrāān im etto an jorrāān meto in ipelaakin aelōn kein.



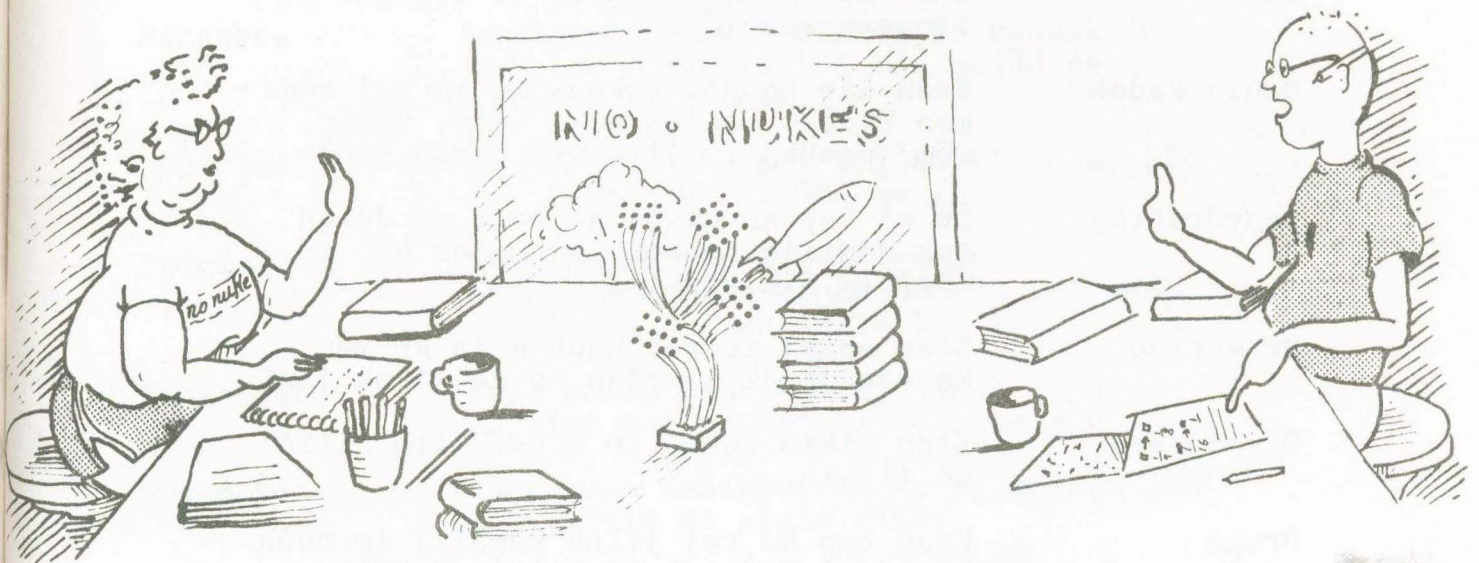
Ejjoolōk kobej in radiation ilo loojet ekanooj in nana. Armej in lal ko rellap rekōnaan julōki kobej kein ilo jikin ko rettolōk jān er. Bōtaab armej rein rejelā kōn joṇan jorrāān enaaj walōk jān kobej kein. Elaṇe renaaj julōki kobej kein iturin aelōn kein, enaaj paijin aolep armej, keinikkan, im menin mour ko jet.

Elap unin bwe armej ren melele kōn men in, ATOMIC RADIATION. Jej aikuḷ in katak kōn men in joṇan wōt ad marōn.



Ilo ien in ear jeje bok in elōn lakkūk jān Japan im United States raar kōmman kwelōk ilo Micronesia. Lakkūk rein raar kōmman kwelōk ilo aolepān jikin kien (districts) ko ilo Micronesia. Lakkūk rein raar kajjeon in kareel armej nān aer julōki kobej kein ilo aelōn kein. Lakkūk rein rejjab kar kōnaan kōkkure pelaakin jikin ko aer kōn kobej kein aer. Rekōnaan wōt kar kōkkure pelaakin Micronesia kōn kobej kein aer.

Bōtaab elōn armej raar bōrokuk im jumae lōmṇak in jakobej eo ilo aelōn kein. Elōn rikōnnaan ro raar kūteltel im kwalōk aer jab rejetak lōmṇak in jakobej eo. Jarlebjū rein raar bār bebe im kōjenolōk juon wiik ilo March im naetan "NUCLEAR-FREE PACIFIC" week. Elōn armej rej lōmṇak bwe ejjoolōk NUCLEAR WASTES ilo Pacific ejjab emman. Rej lōmṇak bwe kobej kein renaaj kōkkure lojjet im men in jeraamman ko ie.



Elañe kwoj lōmṇak in jikuul ilo high school ak college, enaaj lōnṇōk men kwoj ekkatak kaki im jelā kōn radiation. Kwonaaj katak men kein ilo kilaaj in physics, chemistry, im biology ko am. Kwonaaj maron in kwalōk am lōmṇak ikijjeen ta ko remman im nana kōn kōjerbal ATOMIC BOMBS ko. Bōlen kwonaaj maron kareel armej ro jet bwe ren kabōjrak aer ekkatak kōn ATOMIC BOMBS ko ilo malo in Pacific in.



# NAAN KO RŌKĀĀL

Alcohol	Etan dān eo ejjelōk unokan im ej pād ilo dānin kadōk. 'Dān eo ej kōmman bwe armej ren kadōki dānin kadōk ko.
Ameba	Etan kij in nañinmej eo ej kōmman mej in pidodi loje. Kij in ej kōmman bwe armej ren diarrhea im dysentery.
Bronchitis	Etan juon nañinmej in paip in kōto ko nān ārid.
Cancer	Juon eppōj eo ej walōk im eddōk lōk im kōkkure mōttan ko'ilo ānbwinid.
Carbon monoxide	Juon kain mejatoto paijin ej walōk jān baat in men ko rej bwil im bātaat.
Cycle	Jān jinoin juon men, ak ien, nān jōm-lōkin.
Cysts	Etan men ko maj jiddik ko rej pād ie ilowaān kanniōk.
Danin kadok	Etan dān ko eor arkook ie im rej kōmman kadōk. Aolep bia, wain, wōjke, rōm, pootka im jiin rej dānin kadōk.
Dehydration	Ñe ej lap an diwōj ak edik an delōñ tok dān ilo ānbwin im komman bwe en mōrā im dik dān ie.
Detective	Etan armej ro rej kabbok ia ko men ko renaña ak jorrāān ko rej itok jāni.
Dispensary	Etan jikin taktō ko reddik ilo ailiñ ko ilikin.
Drugs	Etan uno ko rej jelet kōmālij im nōōb ko ad eļañe ej bwōd kileñ ad kōjer-bali.
Emphysema	Nañinmej in ikkijelōk ñe ej jorrāān ārid im jabwe mejatoto ie.
Family planning	Wāween karōk im kōjbarok oran ajiri ilo juon baamle.
Gasses	Jet kain mejatoto jej jab marōn in loi, eñjaaki im kile jōkjōkier.
Glands	Etan jikin ko rej kōttōor hormones ak dān ko rej peek wāween ad ritto lōk.



Heart attack	Nañinmej in menono im ial in bōtōktōk ko ilōwaan ānbwinid.
Hepatitis	Juon nañinmej eo ej kōkkure ajid im kōmman ad ikkijeje im mōjno ānbwinid.
Hormones	Etan dān ko rej tōor im kōmman oktak ilo an juon armej eddōk im ritto ļok.
Hospitals	Etan jikin taktō ko rellap im elōñ rinañinmej rej taktō im jokwe ie.
Hygiene	Waween kōjbarok ājmuur eo an kajjojo armej ro rej jokwe ilo juon wōt jikin.
Jodikdik	Etan ien eo ledik ro im ļadik ro rej jino iten erom jiroñ im likao. Ien in jej bar naetan ADOLESCENCE ak PUBERTY.
Kein joñok	Men ko jej joñwe aetok, eddo, kobban im ien kaki. Gran, meter, liter, im awa rej kein joñok.
Microbes	Etan kij ko ak BACTERIA ko reddik im jej jab maroñ in loi kōn mejād ñe ejjelok kein lale.
Nicotine	Etan DRUG eo armej rej añuri im ej pād ilo jikka ak bar uno ko jet.
Ovaries	Etan GLANDS ko ippān leddik im rej kōtōor HORMONES ko ak dān ko rej ukōt anbwinier. Etan jikin lep ko.
Parasites	Etan menin mour ko rej jokwe ippān bar jet menin mour im kōkkure ānbwinier.
Pneumonia	Juon kain nañinmej in ār ej kōmman jān kij jiddik ko etair VIRUS.
Public Health	Etan jikin eo ej kōjbarok im bōk eddo in ājmuur eo ilo juon jikin.
Rehydration Drink	Etan uno eo ej kōrōol tok dān ñan kōj eļañe ej dik dān ak mōrā ānbwinid.
Sanitation	Waween kōjbarok ājmuur eo an aolepan armej ro rej jokwe ilo juon wōt jikin.
Scientist	Etan armej ro rej katk kōn men in kapeel ko im letok jelālokjen ñan kōj.
Tar	Etan men eo ej kōmman māār ilo baat in jikka ko ñe rej bwil.

Testes	Etan jikin eo ej kōmman oktak ilo ānbwinin laddik ilo ien aer ritto ļok. Jikin ko rej kwaļok ine ko ie,
Ulcers	Kinejnij in kilin mōttan ko ilikin ak ilowaan ānbwin.
Uterus	Etan jikin ippān kōrā ro im ej ejaak im eddōk niñniñ ro ie.
Ūnen mōñā	Etan men ko rej letok ōn ñan ānbwinid. Carbohydrates, proteins, minerals, im vitamins rej unen mōñā.



# NAAN KO RŌKĀĀL

AEC	Atomic Energy Commission. Etan juon ra in kien eo an United States.
ATOMS	Etan men ko reddik tata im rej ejaake men otem jej ilo laḷ in.
ATOMIC BOMB	Etan kein rubrub (bakutañ) ko rej kōmmāni jān kajoor in atoms.
ATOMIC RADIATION	Etan kain kajoor eo ej waḷok ñe atom ko rej oktak. Iodine, Cesium, Cobalt, Strontium, Americium, im Plutonium rej atomic radiation.
BIOLOGY	Etan katak eo kōn aolepān kain menin mour ko. Katak kōn menin mour, keinikkan im armej.
BOMB	Bakutañ ak kein rubrub ko rōkajoor im rej kōjerbali ilo ien tarinae.
CANCER	Juon kain eppōj ak tumor eo ej eddōk lōk wōt im kōkkure anbwīnīd.
CHEMISTRY	Etan katak eo kōn ejaak in men otem jej ilo laḷ in.
ebañijñij	Juon ainikien ekajoor ej idiki men ko ñe ej waḷok.
eddebokḷok	Juon aikinien eberan ad roñjake ñe ej waḷok.
ENERGY	Kajoor eo ej ejaake ak ukōt juon men.
ERDA	Energy Research and Development Agency. Etan juon ra in kien eo an United States.
GLANDS	Etan men ko rej kōttōr dān im ukukōt anbwīnīd.
HALF-LIFE	Aetokan ien eo radioactive atom ko rej oktak ie.
jarlebjū	Koba in elōñ armej ippān doon ilo juon jikin ak juon ien.
kōkemḡālmel	Kajjeon kōn juon men im lale ñe emman ak enana.
kūteltel	Kuk in elōñ armej rej etetal ippān doon.
lakkūk	Riutiej in armej ro ilo juon kien ak juon jikin jermal.

LEUKEMIA	Juon nañinmej in cancer ej kōmman bwe en lōn lōk ceil mouj ilo bōtōktōk.
MICRONESIA	Etan group in āne jiddik ko Marshall im district ko jet rej pād ie.
NUCLEAR WASTES	Etan kobej in radiation ko rej walōk jān jikin ak men ko rej kōjerbal kajoōr in radiation.
OBJECTS	Etan aolep men ko ipelaakid im jemaronō loi, jibwi im eñjaaki.
PACIFIC	Etan maļo eo eļap tata im aelōn kein ad rej pād ie.
paijin	Jabdewot men ko remaronō kōkkure ānbwinid ñe jej jibwi ak kañi ak menonoiki.
PHYSICS	Etan katak eo kōn wāween an kajoor walōk im jerbal.
pooki	Kōmakiti jet men kōn mejatoto ak kōn kōto.
PROPERTIES	Wāween ko rej kwalōk kōn kadkadin juon men. Eddo, jōkjōk, uno, im dettan rej kwalōk kōn property in juon men.
RADIATION	Etan kain kajoor eo ej walōk ñe atoms ko rej oktak jān juon kain lōk nān bar juon kain.
RADIOACTIVE ATOMS	Etan atoms ko eor kajoor in radiation ie.
SENSES	Etan men ko lalem rej letok jelālōki jen nān kōj. Eñjaake, roñjake, loe, ñemake, im ātone rej etan men kein lalem.
THYROID	Etan gland eo iomwin buruōd im ej peek wāween ad eddōk im ritto lōk.
TUMOR	Juon kain nañinmej ak eppōj edik lōk jān cancer. Tumor emaronō kilep lōk im kōmman cancer.



Jān	--- Nañinmej in kil, emouj im ej eddōk ioon kilid.
Jiñūrñūr	--- Kij in bar eo edik im ej rubrub jān tel ak lep ko.
Jōkaro	--- Dān in idaak eo enno ej wałok jān utak in ni ko.
Jukwa	--- Mōñā eo ej komman an tōñal mōñā ko im dān ko.
Kabit	--- Likit pōkā ak oil ilo ānbwinid ak koolan bōrad.
Karko	--- Juon men in mour ej eddōk iomwin kilid im lap an mōnejnej.
Kiito	--- Nañinmej in eon kil eo elap an kōmman mōnejnej, enañin ain ļok wōt'kooko.
Kij	--- Men in mour ko rej jokwe ilo kool. Etan men ko rej kōmman ad nañinmej.
Kijlep	--- Kij in kool ko rej boojak in kōmmour tel.
Koko	--- Nañinmej in kil eo āinwot kiito ak ļap ļok jān kiito.
Koolā	--- Dān in idaak eo etōñal im ej pād ilo kuwat ak bato.
Koope	--- Dān in idaak eo ekkā ad ilimi ilo jibboñ.
Korak	--- Mōttan ko jej kapooli kinej ko kaaki.
Kuwat	--- Jālele ak mōñā ko jet ilo kuwat.
KWELL	--- Etan uno eo jej mani karko ko kaaki.
Lepjōkad	--- Ebbōj in gland ko eļañe ej wōr anilen in kinej ko.
Loole	--- Juon mōñā etonal im lap jukwa ie.
Mak	--- Roñ ko ilo ñiid im rej kōmman an metak ñiid.
MEASLES	--- Juon kain nañinmej eo āinļok wōt lōppok.
MICROSCOPE	--- Kein erre eo jej laali kij in nañinmej ko reddik ie.
MINERALS	--- Juon kain òn ej pād ilo mōñā in lojet ko kijed.
Mōkak	--- Etan bōtōktōk eo ej kwoj ioon kinej ko.
Nañinmej	--- Jorrāān in ānbwin ñe ej deļoñ tok kij ko im kōkkure ad ājmuur.
Ōn	--- Men eo eļap tokjān im jej bōk jān mōñā ko kijed.
PLAQUE	--- Jikin ko kij ko rej jokwe ie im kaunoik ñiid.
POLIO	--- Mej in virus eo ej kōmman bwe en mej ānbwinid im ban makitkit.
Pōprae	--- Kabōjrak juon men jān an wałok im kōmman jorrāān.
PROTEIN	--- Etan òn ko rej ejaake im kaddōk ānbwinid.

PUBLIC HEALTH	--	Etan ra eo ak jikin eo ej kōjbarok ājmuur eo an aolep.
RUBELLA	---	Juon kain nañinmej eo jej aikuḡ in wā mokta jān an itok.
SMALLPOX	---	Nañinmej in lōppok ak pokaidik.
Taeo	---	Nañinmej in kil eo edik lōk jān wōt.
T.B.	---	Nañinmej in ār im di; tuberculosis.
Tel	---	Etan lep ko lipen kij in bar ko rej pād ilo kool.
Tiima	---	Etan wa ko rej itoitak ikotaan aoleon ko im ektak mweiuk.
Tōnal	---	Etan men eo ej kōmman mej in diabetes.
VACCINE	---	Etan wā eo jej bōke mokta jān an jet kain nañinmej itok.
VEGETABLES	---	Mōnā maroro ko jej kaddōki im kañi.
VIRUS	---	Juon kain kij ej kōmman elōñ kain nañinmej ko.
VITAMINS	---	Etan ōn eo eḡap ad bōke jān leen wōjke ko jej kañi.
Waan	---	Ejjeḡok tokjan.
Wā	---	Etan wāween eo rej letok uno ko kōn made jiddik ko.
Wōt	---	Juon kain nañinmej eḡap an eppōj im metak ñe ej eddōk iomwin kilid.





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